

THE SWEET POTATO

Bringing healthy food to everyone!

AUG 21 - 27, 2026

BUY CANADIAN

ZEPHYR ORGANICS CELERY

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

2 FOR \$5
OR \$2.79 EACH



Product of Ontario

PRAIRIE FAMILY FARMS ALBERTA GRASS FED & FINISHED SKIRT STEAKS

- ✓ ALL-NATURAL
- ✓ 100% GRASS FED AND GRASS FINISHED
- ✓ FAMILY FARM RAISED
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED

21⁹⁹
LB
48.48 KG

SAVE \$2/LB



Product of Alberta

ECO-MAX DISHWASHER PACKS

- ✓ LOCAL
- ✓ NO ANIMAL TESTING
- ✓ VEGAN

7⁹⁹

SAVE \$3



20 ct

NUTS TO YOU HAZELNUT BUTTER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

12⁹⁹

SAVE \$4



365 g

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NATURE'S FIRST FRUIT AKANE APPLES 3LB BAG

- ✓ CERTIFIED ORGANIC
- ✓ FIRST OF THE SEASON



6⁹⁹

1.36 kg • Product of British Columbia

DEL FRESCO MIXED COLOUR BELL PEPPERS 2 PACK

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



2⁹⁹

2 ct • Product of Ontario

ZEPHYR ORGANICS NAPPA CABBAGE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ NEW CROP



1⁹⁹
LB
4.39 KG

Product of Ontario

NATURE'S FIRST FRUIT PEACHES 2LB BAG

- ✓ CERTIFIED ORGANIC



6⁹⁹

908 g • Product of British Columbia

ZEPHYR ORGANICS GREEN & RED DANDELION

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



2⁹⁹ FOR \$5
OR \$2.79 EACH

Product of Ontario

SAUSAGE OF THE WEEK

JALAPEÑO & CHEDDAR PORK SAUSAGE

- . -

\$8.99/LB
\$19.82/KG



THE PACKING HOUSE ONTARIO SKINLESS BONELESS CHICKEN BREASTS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED
- ✓ FAMILY FARM RAISED
- ✓ AIR-CHILLED



12⁹⁹
LB
28.64 KG

Product of Ontario

KIPFER FAMILY FARMS ONTARIO BERKSHIRE BONE-IN RIBS CHOPS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ NON-GMO
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ FREE-RUN
- ✓ FAMILY FARM RAISED



8⁹⁹
LB
19.82 KG

Product of Ontario

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SEACORE BRITISH COLUMBIA ROCKFISH "PACIFIC SNAPPER" FILLETS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLE



10⁹⁹
LB
24.23 KG

SAVE \$2/LB

Product of British Columbia

SEACORE ICELANDIC ARCTIC CHAR FILLETS

- ✓ HIGH IN OMEGA-3
FATTY ACIDS
- ✓ SUSTAINABLY RAISED
- ✓ OCEAN WISE
RECOMMENDED
- ✓ FRESH, NEVER FROZEN



24⁹⁹
LB
55.09 KG

Product of Iceland

MADE GOOD MORNING OAT BARS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ NUT-FREE
- ✓ VEGAN



2 FOR \$7

5 X 30 g

NATURE'S PATH ECO PACKS

- ✓ ORGANIC
- ✓ ECO PACK GRANOLA
NOT INCLUDED



11⁹⁹

650 g - 907 g

ELMHURST OAT CREAMER

- ✓ NON-GMO PROJECT
VERIFIED
- ✓ GLUTEN-FREE
- ✓ VEGAN, CARAGEENAN
FREE



6⁹⁹

473 mL

PRANA OVERNIGHT PROTEIN CHIA

- ✓ ORGANIC
- ✓ VEGAN



6⁹⁹

SAVE \$2

260g

NEAL BROTHERS BBQ SAUCE

- ✓ LOCAL
- ✓ ALL-NATURAL



2 FOR \$10

350 mL

HUMBLE POTATO CHIPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$8

135 g

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THE
LOW
CARB
CO

Local
SPOTLIGHT

CRACKERS

Light, airy crunch.
Seven simple seed-first
ingredients. These crackers
are made for snack drawers,
busy workdays, smaller
portions, and anyone who
wants every bite to count.

- 101 G
- NON-GMO
- GLUTEN-FREE
- VEGAN

LOCALLY
MADE
TORONTO
ONTARIO

7⁹⁹
SAVE \$2.00



JACK PRICE PROVENCHER



Jack has managed Type 1 diabetes since age 2, hypothyroidism since 16, and Addison's disease since 22. After years of paying close attention to blood sugar, energy, and how food actually feels in the body, Jack decided to create a snack that worked with his health goals, not against them. The Low Carb Co was born with the mission to create an everyday cracker for people who want to snack with a little more intention.



SO YAM
GOOD

CHICKEN AND RICE
BURRITO BOWL

- ✓ GLUTEN-FREE
- ✓ MADE
IN-HOUSE
- ✓ ORGANIC
INGREDIENTS

9⁹⁹
SAVE \$1

420 g



TOFU AND CHICKPEA
COCONUT CURRY (PLANT-BASED)

- ✓ PLANT-BASED
- ✓ MADE IN-HOUSE
- ✓ ORGANIC
INGREDIENTS

9⁹⁹
SAVE \$2

420 g



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AUG 21 - 27, 2026

BIOITALIA EXTRA VIRGIN OLIVE OIL

- ✓ ORGANIC
- ✓ GLUTEN-FREE



22⁹⁹

SAVE \$5

750 mL

NONNA PIA'S PASTA SAUCE

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE
- ✓ VEGAN



7⁹⁹

SAVE \$2

660 mL



BIOITALIA DURUM WHEAT PASTA

- ✓ ORGANIC



2 FOR \$7

500 g

AREMA TOMATOES

- ✓ ORGANIC



2 FOR \$10

796 mL

ABOKICHI OKAZU CHILLI OIL

- ✓ LOCAL
- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE
- ✓ PLANT-BASED



11⁹⁹

230 mL



HEARTBEATS HOT SAUCE

- ✓ GLUTEN-FREE



11⁹⁹

177 mL



SETA MATCHA LEMONADE

- ✓ ORGANIC



2 FOR \$7

355 mL



SKINNY POP POPCORN

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE



2 FOR \$10

125 g - 150 g

TERRA BREADS GRANOLA

- ✓ NON-GMO PROJECT VERIFIED



15⁹⁹

SAVE \$4

850 g



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NATURE'S BAKERY

Plant-Based SPOTLIGHT

FIG BARS & BROWNIES

Plant-based, dairy-free, nut-free, and 100% delicious! These soft-baked, real fruit-filled snack bars are perfect for lunchtime, snacktime—or anytime.

- 340 G
- NON-GMO PROJECT VERIFIED
- NUT-FREE
- VEGAN

6⁹⁹

SAVE \$2.00



JAN, DAVE, AND SAM MARSON



The Marson family started Nature’s Bakery in 2011. Since then, it has grown to be a leader in the healthy snacking category, bringing the goodness of real ingredients to families on-the-go. Nutritious AND delicious, Nature’s Bakery doesn’t believe in snackrifices!

COPPA GELATO

- ✓ LOCAL
- ✓ ALL-NATURAL

7⁹⁹



500 mL

VG GOURMET VEGGIE BURGERS

- ✓ GLUTEN-FREE
- ✓ VEGAN

8⁹⁹



4 X 100 g

HAZEL'S ICE CREAM BARS

- ✓ PEANUT-FREE

9⁹⁹

SAVE \$2



3 X 88 mL - 3 X 95 mL

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JACK & ANNIE'S JACK TENDERS

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE
- ✓ VEGAN



6⁹⁹

255g

L'ANCÊTRE SLICES

- ✓ ORGANIC



7⁹⁹

180 g

RISE KOMBUCHA

- ✓ ORGANIC
- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



8⁹⁹

1 L

RAW CALIFORNIA ALMONDS

- ✓ CERTIFIED ORGANIC



3²⁹
100 G
32.90 KG

Product of California

OUR BULK
DEPARTMENT IS
friendlier
REUSABLE
PACKAGING
MADE EASY!



SIMPLY BUY*, SCAN,
AND RETURN



REUSE RETURN

*a refundable deposit of 50¢
will be applied to each purchase

LEARN MORE AT FRIENDLIER.CA

BANANA CHIPS (SWEETENED)

- ✓ CERTIFIED ORGANIC



1¹⁹
100 G
11.90 KG

Product of Phillipines

PEARL COUSCOUS

- ✓ CERTIFIED ORGANIC



69¢
100 G
6.90 KG

Product of USA

DRIED TURKISH FIGS

- ✓ CERTIFIED ORGANIC



2⁴⁹
100 G
24.90 KG

Product of Türkiye

WOOLWICH
GOAT CHEESE CRUMBLES

Local
Add a bright, tangy burst to your favorite dishes with Woolwich Dairy Goat Cheese Crumbles. Creamy, convenient, and perfectly portioned for salads, pizzas, and wraps.



4⁴⁹
SAVE \$1.5

113 g • Product of Ontario

ALEXIS DE PORTNEUF
CAMEMBERT

Indulge in the rich, velvety texture of Alexis de Portneuf Camembert. This award-winning Canadian classic features complex buttery, nutty notes that elevate any cheese platter.



11⁹⁹
SAVE \$2

300 g • Product of Quebec

6 MONTH MANCHEGO

Bring the taste of Spain home with 6-month aged Manchego. This firm sheep's milk cheese features a rich, nutty flavor that pairs beautifully with cured meats and fruits.



7⁴⁹
100 G
74.90 KG
SAVE \$5/KG

Product of Spain

MORE DEALS IN-STORE
108 VINE AVE • MON-SAT 9-8 • SUN 10-8

FREE CUSTOMER PARKING AT 162 VINE AVE

(PLUS HELP CARRYING YOUR GROCERIES OUT TO YOUR CAR!)



Parking lot is for customers only. Loiterers will be ticketed.
We appreciate your help keeping the shopping experience sweet for everyone!

ICE CREAM SUNDAYS

IN-STORE
2PM-4PM

AUG 9



AUG 16



AUG 23



AUG 30



MADE IN CANADA



PLANT-BASED



ORGANIC

*1 ICE CREAM TREAT PER PERSON WHILE QUANTITIES LAST. SUBJECT TO AVAILABILITY.

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AUG 21 - 27, 2026

Monday

ROTISSERIE CHICKEN + 2 READY-TO-HEAT SIDES OR SMALL DELI SALADS

- ✓ HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS

19⁹⁹

ADD GRAVY \$2



Tuesday

SPK PASTA ENTREE + GREENBELT BOXED SALAD

- ✓ HOUSE-MADE

\$2 OFF



Wednesday

SALAD BOWLS

- ✓ 6 VARIETIES
- ✓ PLANT-BASED OPTIONS

8⁹⁹



SO YAM GOOD

Healthy Meal Deals

At The Sweet Potato we're all about healthy convenience. That's why we've put together these delicious, inflation busting meal deals so you and your family can eat well *every week night.*

Thursday

DESSERT BOWLS

- ✓ NEW!
- ✓ 3 DELICIOUS FLAVOURS
- ✓ HOUSE-MADE

\$2 OFF



Friday

SPK FROZEN PIZZAS

- ✓ 3 VARIETIES
- ✓ FAMILY FAVOURITE!

2 FOR \$20



Fri-Sun

QUE PASA TORTILLA CHIPS BAG + SPK DIP

- ✓ 300-350 G CHIPS
- ✓ HOUSE-MADE DIP

\$1 OFF



Everyday

DELI SALADS

- ✓ ALL SMALL DELI SALADS 2 FOR \$11
- ✓ ALL LARGE DELI SALADS 2 FOR \$20

\$3-4 OFF

