



ZEPHYR ORGANICS

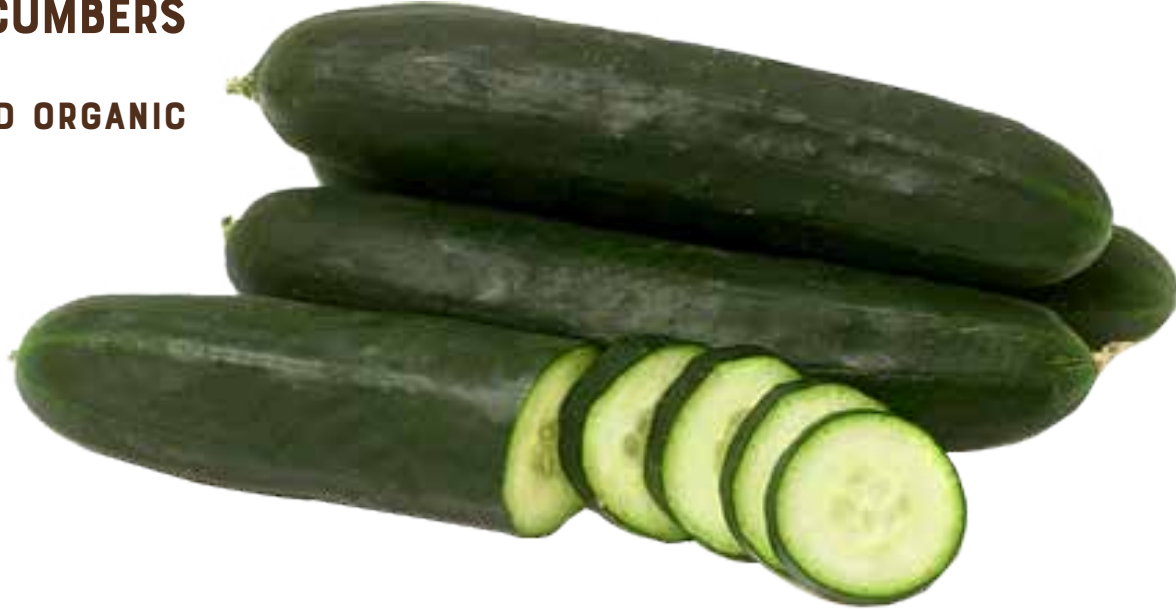
FIELD CUCUMBERS

- ✓ LOCAL

✓ CERTIFIED ORGANIC

2^{FOR}\$4

OR \$2.29 EACH



Product of Ontario



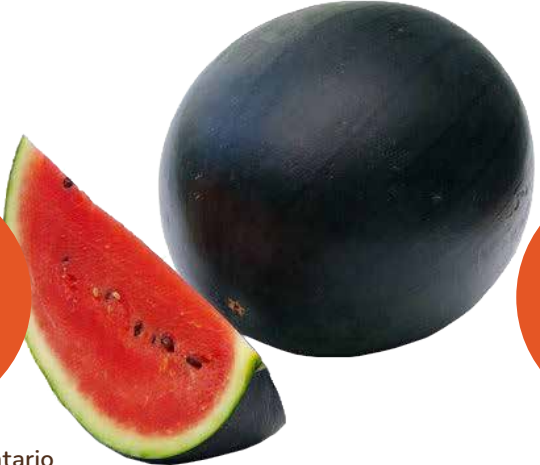
HOPE ECO-FARMS

SUGAR BABY WATERMELONS

- ✓ LOCAL

✓ CERTIFIED ORGANIC

8⁹⁹



Product of Ontario



ZEPHYR ORGANICS

ROMAINE LETTUCE

- ✓ LOCAL

✓ CERTIFIED ORGANIC

SAVE

SAVE

SAVE

1⁹⁹



Product of Ontario



PRAIRIE FAMILY FARMS

ALBERTA GRASS FED & FINISHED BAVETTE STEAKS

- ✓ ALL-NATURAL

✓ ANTIBIOTIC & HORMONE-FREE

✓ SUSTAINABLY RAISED
- ✓ 100% GRASS FED AND GRASS FINISHED

✓ FAMILY FARM RAISED

25⁹⁹

LB

57.30

SAVE \$2/LB



Product of Alberta



THE PACKING HOUSE

ONTARIO SKINLESS BONELESS CHICKEN BREASTS

- ✓ LOCAL

✓ ALL-NATURAL

✓ AIR-CHILLED

✓ SUSTAINABLY RAISED

✓ ANTIBIOTIC & HORMONE-FREE

✓ FAMILY FARM RAISED

12⁹⁹

LB

28.64



Product of Ontario



THE SWEET POTATO

Bringing healthy food to everyone!

AUG 28 - SEP 3, 2026

ZEPHYR ORGANICS LARGE BOK CHOY

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1⁶⁹
LB
3.73 KG

Product of Ontario



RED DEVON ORGANICS GREEN & RED CABBAGE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1²⁹
LB
2.84 KG

Product of Ontario



NATURE'S FIRST FRUIT SUNRISE APPLES 3LB BAGS

- ✓ CERTIFIED ORGANIC



6⁹⁹

1.36Kg • Product of British Columbia



KIPFER FAMILY FARMS ONTARIO BERKSHIRE PORK BELLY ROASTS

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



7⁴⁹
LB
16.51 KG

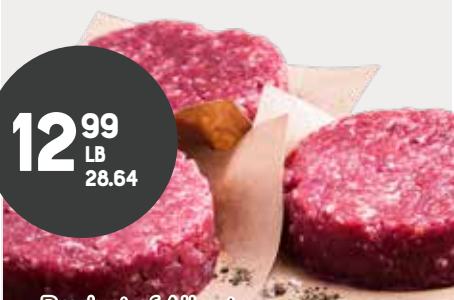
SAVE \$1.50/LB

Product of Ontario



PRAIRIE RANCHER FARMS ALBERTA BASIC BEEF BURGERS

- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ WHEAT-FREE
- ✓ SUSTAINABLY AND FAMILY FARM RAISED, MADE IN-HOUSE



12⁹⁹
LB
28.64

Product of Alberta



SAUSAGE OF THE WEEK

PORK APPLE AND CARAMELIZED ONION SAUSAGE

- - -

\$8.99/LB
\$19.82/KG



SEACORE BRITISH COLUMBIA WILD COHO SALMON FILLETS

- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ FRESH, NEVER FROZEN
- ✓ WILD CAUGHT
- ✓ FIRST OF THE SEASON



33⁹⁹
LB
74.93

SAVE \$2/LB

Product of British Columbia



SEACORE ICELANDIC HADDOCK FILLETS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ OCEAN WISE RECOMMENDED
- ✓ FRESH, NEVER FROZEN
- ✓ MSC



27⁹⁹
LB
61.71

SAVE \$2/LB

Product of Iceland

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AUG 28 - SEP 3, 2026

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

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



260 g

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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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



THE SWEET POTATO

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AUG 28 - SEP 3, 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

THE SWEET POTATO

Bringing healthy food to everyone!

AUG 28 - SEP 3, 2026

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

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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 28 - SEP 3, 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

