

THE SWEET POTATO

Bringing healthy food to everyone!

SEP 4 - 10, 2026

BUY CANADIAN



BACK TO SCHOOL



HOPE ECO-FARMS SUGAR BABY WATERMELONS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

8⁹⁹

Product of Ontario

RED DEVON ORGANICS EGGPLANT

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

2⁹⁹
LB
6.59 KG

Product of Ontario

RED DEVON ORGANICS CELERY

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

2 FOR \$5
OR \$2.79 EACH

Product of Ontario

PRAIRIE RANCHER FARMS ALBERTA ABF BEEF RIB EYE STEAKS

37⁹⁹
LB
83.75 KG

SAVE \$2/LB

Product of Alberta

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

MADE GOOD CRUNCHY SQUARES

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE

- ✓ NUT-FREE
- ✓ VEGAN

**BUY 2
GET A 3RD
FREE**

2 FOR \$7⁹⁸
SAVE \$3.99

5 X 30 g • Buy 2 Get A 3rd Free

MANITOBA HARVEST HEMP HEARTS

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

6⁹⁹

227 g



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DEAL STARTS SEPTEMBER 8TH, 2026

Healthy Family Meal Deal

Whole Roasted
Chicken & 3
Sides for
JUST \$19.99!



Party
like it's
1999!

Macaroni Salad • Garlic Kale
Herb Roasted Potatoes

Made with locally raised antibiotic
and hormone free chicken and
organic and natural ingredients

While quantities last daily.
No substitutions.

DEAL STARTS SEPTEMBER 8TH, 2026

CLUCKIN'
Delicious



THE SWEET POTATO



CHICKEN SOUP DEAL





CLUCKIN'
Delicious

Made with locally raised antibiotic and hormone free chicken and organic and natural ingredients

9⁹⁹

FRESH HOUSE-MADE
CHICKEN & RICE
SOUP FOR JUST \$9.99!

INGREDIENTS

*ORGANIC

SPK chicken stock (chicken bones*, onions*, carrots*, celery*, parsley*, bay leaf*), carrots*, celery*, onions*, ABF chicken, brown rice, garlic, olive oil, thyme, bay leaf*, parsley* sea salt, black pepper

WHILE QUANTITIES LAST

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NATURE'S FIRST FRUIT AKANE APPLES 3LB BAG

✓ CERTIFIED ORGANIC



6⁹⁹

1.36K g • Product of British Columbia



RED DEVON ORGANICS GREEN & RED CABBAGE

✓ LOCAL
✓ CERTIFIED ORGANIC



1²⁹
LB
2.84 KG

Product of Ontario



PURE FLAVOR GREENHOUSE RED BELL PEPPERS

✓ LOCAL
✓ CERTIFIED ORGANIC



1⁹⁹
LB
4.39 KG

Product of Ontario



SAUSAGE OF THE WEEK

HONEY & GARLIC PORK SAUSAGE

- - -

\$8.99/LB \$19.82/KG



PRAIRIE RANCHER FARMS ALBERTA MEDIUM ABF GROUND BEEF

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



10⁹⁹
LB
24.23 KG

SAVE \$2/LB

Product of Alberta



THE PACKING HOUSE ONTARIO WHOLE ABF CHICKENS

✓ LOCAL
✓ ALL-NATURAL
✓ ANTIBIOTIC & HORMONE-FREE
✓ AIR-CHILLED
✓ FREE-RUN
✓ SUSTAINABLY RAISED ON FAMILY FARMS



15⁹⁹

Product of Ontario



DUBRETON ONTARIO PORK BONELESS BLADE CHOPS

✓ LOCAL
✓ CERTIFIED ORGANIC
✓ FREE-RUN
✓ CERTIFIED HUMANE
✓ FAMILY FARM RAISED



10⁹⁹
LB
24.23 KG

Product of Ontario



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COLE MUNRO ONTARIO RAINBOW TROUT FILLETS

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



17⁹⁹
LB
39.66 KG



Product of Ontario

SEACORE BRAZILIAN TILAPIA FILLETS

- ✓ OCEAN WISE RECOMMENDED
- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLY RAISED

12⁹⁹
LB
28.64 KG



SAVE \$2/LB

Product of Brazil • Available Plain, Lemon & Garlic and Cajun

NATURE'S PATH LOVE CRUNCH PROTEIN GRANOLA

- ✓ ORGANIC
- ✓ VEGAN



312 g

ORGANIC MEADOW TETRA PAK MILK

- ✓ LOCAL
- ✓ ORGANIC



4 X 250 mL

NUTS TO YOU HAZELNUT BUTTER

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE



365 g

EARTH'S OWN OAT BEVERAGE

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



946 mL

MADE GOOD GRANOLA BARS

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



5 x 24 g

SMARTBITE FIT FIGURE THIN CAKES

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



120 g

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MAPLE SYRUP

The Carrick brothers carry forward the proud tradition of crafting pure, non-blended, organic maple syrup. The distinctive terroir—where cold northern winds, rich forest soils, and generations of healthy maples thrive—gives each batch its rich depth and character. Every bottle captures the essence of the Algonquin forest, offering a truly authentic taste of nature’s sweetness.

- 500 ML
- ORGANIC

LOCALLY
MADE
GOODWOOD
ONTARIO

16⁹⁹



JOSH & JAKE CARRICK

Brothers Josh and Jake Carrick founded Carrick Bros. with a shared passion for the outdoors, agriculture, and producing exceptional maple products. Rooted in Ontario and inspired by the forests of South Algonquin, they’ve grown Carrick Bros. around quality, sustainability, and creating premium maple products that proudly represent where they come from.



SO YAM
GOOD

SMALL SOUP AND WRAP COMBO

- ✓ MADE IN-HOUSE DAILY
- ✓ PLANT-BASED OPTIONS
- ✓ ANTIBIOTIC & HORMONE-FREE CHICKEN

\$14

SAVE \$4

Various sizes



BASIL PESTO PRIMAVERA (PLANT-BASED) SPK PASTA

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

8⁹⁹

SAVE \$1

420 G



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SEP 4 - 10, 2026

ANNIE'S MAC & CHEESE

✓ MADE WITH ORGANIC
INGREDIENTS



2 FOR \$7

149 g - 170 g

RAINCOAST TRADING WILD CAUGHT PINK SALMON

✓ MSC CERTIFIED



6⁹⁹

160 g

TONY'S CHOCOLONELY CHOCOLATE BARS

✓ FAIR TRADE CERTIFIED



8⁹⁹

180 g

FELICETTI DURUM WHEAT PASTA

✓ ORGANIC



2 FOR \$7

454 g

MUIR GLEN TOMATOES

✓ ORGANIC
✓ GLUTEN-FREE



6⁹⁹

796 mL

CLIF BUILDERS BARS

✓ NON-GMO
✓ GLUTEN-FREE
✓ PLANT-BASED



2 FOR \$6

68 g

YOGI TEA

✓ ORGANIC



5⁹⁹

16 ct

MAISON ORPHÉE EXTRA VIRGIN OLIVE OIL

✓ NON-GMO PROJECT
VERIFIED
✓ GLUTEN-FREE



21⁹⁹

750 mL

LARABAR ENERGY BARS

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



3 FOR \$7

45 g - 48 g



nutiva.

Plant-Based
SPOTLIGHT

SOY SAUCE
SUBSTITUTE

Coconut Aminos Soy-Free Soy Sauce Alternative has brand new packaging, but the same crave-worthy flavour! Made with the same recipe that was originally produced in 2008, this 1:1 soy sauce replacement has just 2 ingredients and is free from soy and gluten. Use it as an easy all-purpose seasoning for stir-fries, marinades, grain bowls, and vegetables.

- 237 ML
- ORGANIC
- GLUTEN-FREE

7⁹⁹



JOHN ROULAC

Nutiva started in 1999 with our founder, John Roulac, selling hemp bars out of the back of his car. Back then, he had a simple belief: everyone deserves access to wholesome, organic superfoods—not just those who can afford them. Today, Nutiva is a progressive company with international impact.

NATURE'S FARM
EGGS

✓ ORGANIC



4⁴⁹

6 pk

GOODVIBES JUICE CO
WELLNESS SHOTS

- ✓ LOCAL
- ✓ MADE WITH ORGANIC INGREDIENTS
- ✓ GLUTEN-FREE
- ✓ VEGAN



2 FOR \$7

50 mL

ORGANIC MEADOW
ICE CREAM

- ✓ LOCAL
- ✓ ORGANIC



9⁹⁹

946 mL

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SEP 4 - 10, 2026

AMY'S BOWLS & ENTREES

✓ MADE WITH ORGANIC INGREDIENTS



8⁹⁹

235 g - 283 g

GT'S KOMBUCHA

✓ NON-GMO PROJECT VERIFIED
✓ UNPASTEURIZED
✓ RAW



2 FOR \$10

480 mL

JONNY POPS ICE POPS

✓ ORGANIC



7⁹⁹

5 x 55 mL

THOMPSON RAISINS

✓ CERTIFIED ORGANIC



99¢ 100 G 9.90 KG

Product of USA

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!)



RAW CASHEWS

✓ CERTIFIED ORGANIC



2⁷⁹ 100 G 27.90 KG

Product of India

CHICK PEAS (GARBANZO BEANS)

✓ CERTIFIED ORGANIC



49¢ 100 G 4.90 KG

Product of Türkiye

COUSCOUS

✓ CERTIFIED ORGANIC



69¢ 100 G 6.90 KG

Product of USA

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