



RED DEVON ORGANICS

ACORN, BUTTERNUT
& SPAGHETTI SQUASH

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



Product of Ontario



RED DEVON ORGANICS

SAN MARZANO
ROMA TOMATOES

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



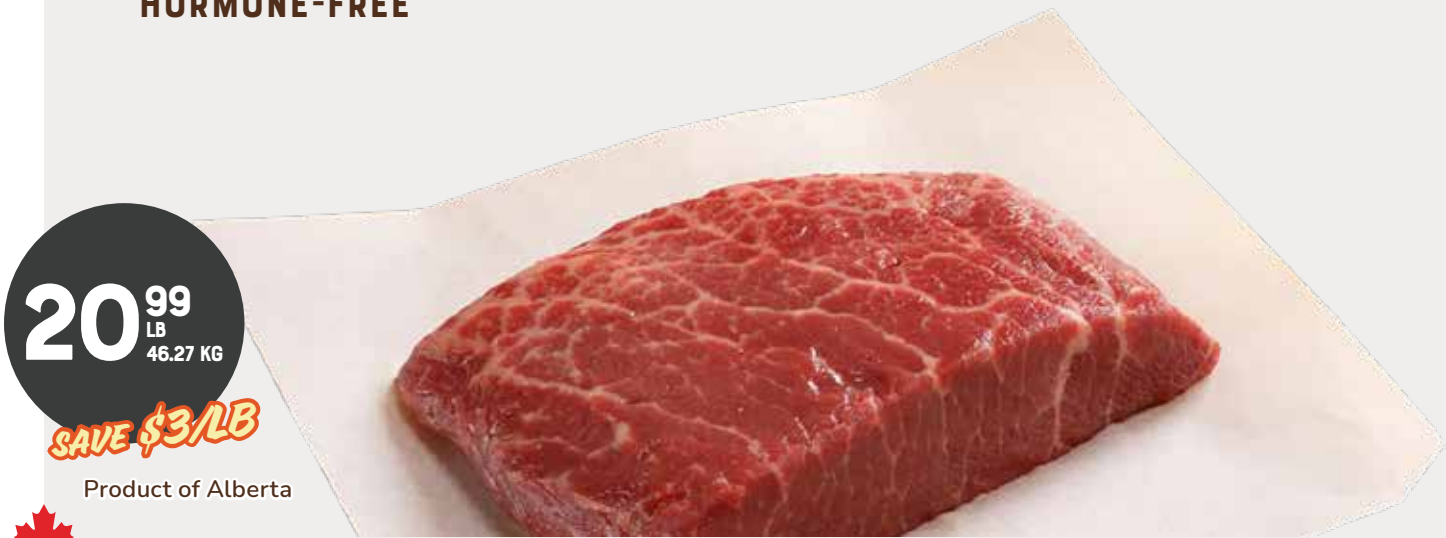
Product of Ontario



PRAIRIE RANCHER FARMS

ALBERTA ABF BEEF FLATIRON STEAKS

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



Product of Alberta



GREENHOUSE

BOOSTER SHOTS

- ✓ LOCAL
- ✓ ORGANIC



60 mL



YUM EARTH

ASSORTED LOLLYPOPS

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



40 ct

Thanksgiving Feast

CHEF-PREPARED FOR YOU IN THE SWEET POTATO KITCHEN



ORDERING STARTS
SEPTEMBER 18

ORDERING ENDS
OCTOBER 6

PICKUP OCTOBER 10 & 11

THE SWEET POTATO

FEAST FOR 2FEAST FOR 5

\$79.99\$189.99

Thanksgiving
PRE-ORDER

YOUR ORGANIC WHOLE TURKEY FROM US!



**PRE-ORDER YOUR
WHOLE, ORGANIC TURKEY**

**FRESH
\$6.99/LB**

\$50 deposit required

*orders start:
pick-up:*

September 18

October 2 to October 11



Yorkshire Valley Farms is a co-op of farmers
raising high quality turkeys

- ✓ Organic
- ✓ Non-gmo grainfed
- ✓ Antibiotic-Free
- ✓ Pesticide & Herbicide Free
- ✓ No Animal By Products
- ✓ Sizes ranges from 13-18LB

THE SWEET POTATO

Bringing healthy food to everyone!

SEP 18 - 24, 2026

HOPE ECO-FARMS
MINI RED SEEDED
WATERMELON

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



Product of Ontario

RED DEVON ORGANICS
YELLOW ONIONS
3LB BAG

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



Product of Ontario

ZEPHYR ORGANICS
RAINBOW CHARD

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



Product of Ontario

SAUSAGE OF THE WEEK
CAJUN
PORK SAUSAGE

\$8.99/LB \$19.82/KG



NATURE'S FIRST FRUIT
MACINTOSH APPLES
3LB BAG

- ✓ CERTIFIED ORGANIC



Product of British Columbia

KIPFER FAMILY FARMS
ONTARIO BERKSHIRE
PORK BONELESS
SHOULDER ROAST

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



Product of Ontario

THE PACKING HOUSE
ONTARIO FROZEN
CHICKEN WINGS

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



Product of Ontario

DUBRETON
ONTARIO PORK
BONE-IN RIB CHOPS

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



Product of Ontario

SEACORE
BRITISH COLUMBIA WILD COHO SALMON FILLETS

- ✓ ALL-NATURAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ WILD CAUGHT
- ✓ FRESH, NEVER FROZEN



33⁹⁹
LB
74.93 KG

SAVE \$2/LB

Product of British Columbia

SEACORE
ONTARIO
WHITEFISH FILLETS

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



21⁹⁹
LB
48.48 KG

Product of Ontario

FARMERS MARKET
PUMPKIN PUREE

- ✓ ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$10

398 mL

MAISON ORPHÉE
EXTRA VIRGIN OLIVE OIL

- ✓ ORGANIC
- ✓ GLUTEN-FREE



24⁹⁹

750 mL

FRUIT D'OR
CRANBERRIES

- ✓ ORGANIC



2 FOR \$7

113 G

NEAL BROTHERS
TORTILLA CHIPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$10

300 g

FARM GIRL
CEREAL

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ VEGAN



9⁹⁹

280 g

LUNDBERG
LONG OR SHORT GRAIN RICE

- ✓ ORGANIC
- ✓ GLUTEN-FREE



9⁹⁹

907 g

MIDDLETON'S
PLANT-BASED FOODS

Local
SPOTLIGHT

VEGAN SEITAN RIBS

A handcrafted seitan and jack-fruit boneless rib rack, with Middleton's tangy Original BBQ sauce. Protein-packed, grill-ready and made with clean, real-food ingredients. Middleton's proteins are easy to prep, cook and serve as the main of any meal or as an add-on to favourite salads, wraps, pastas or bowls.

- 360 G
- NON-GMO
- VEGAN

12⁹⁹



LOCALLY
MADE
MISSISSAUGA
ONTARIO

JACK & EM MIDDLETON



Inspired on a road trip to their family cottage, Hamilton siblings Jack & Em started Middleton's Plant-Based Foods. Since 2020 they've been dedicated to creating innovative plant-based proteins, that exceed expectations of texture & taste, while being a healthier choice. Their products, now crafted in Mississauga, are packed with 24–35g of protein per serving & loads of wholefood nutrients.



SO YAM
GOOD

ONTARIO CHEESE CURD MAC
AND CHEESE (VEGETARIAN)
SPK PASTA SMALL AND LARGE

- ✓ MADE IN-HOUSE
- ✓ VEGETARIAN



9⁹⁹ OR
18⁹⁹
SAVE \$1

450 G, 900 G

RICOTTA AND SPINACH
RAVIOLI (VEGETARIAN) &
MEAT RAVIOLI SPK PASTA



9⁹⁹ OR
10⁹⁹
SAVE \$1

350 G

THE SWEET POTATO

Bringing healthy food to everyone!



SEP 18 - 24, 2026

CANADIAN HERITAGE MAPLE SYRUP

- ✓ ORGANIC



500 mL



WHOLESOME GOLDEN SUGAR

- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED
- ✓ GLUTEN-FREE



907 g

GOBIO! BOUILLON CUBES

- ✓ ORGANIC
- ✓ GLUTEN-FREE



54 g - 66 g



ELMHURST NON DAIRY BEVERAGES

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



946 mL

STASH TEA

- ✓ NON-GMO PROJECT VERIFIED



18 ct - 20 ct

DUTCHMAN'S GOLD RAW HONEY

- ✓ LOCAL
- ✓ UNPASTEURIZED



1 kg



ZEVIA SODA

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



6 x 355 mL

CABOO BATHROOM TISSUE

- ✓ NON-GMO PROJECT VERIFIED
- ✓ 100% TREE FREE



12 ct

LOTUS RAMEN W/ MISO SOUP

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



80 g

Yoggu!™

Plant-Based
SPOTLIGHT

COCONUT YOGURT

Yoggu! is a natural product that doesn't contain any gums, starches or stabilizers. Using fermentation rather than preservatives for food preserving, this creamy dairy-free yogurt is delicious and made with real food ingredients!

- 450 G
- GLUTEN FREE

7⁹⁹



MADE IN
CANADA

JADE HERRMANN



In 2017, Jade found herself recipe testing in her home kitchen with a mission: to create a delicious yogurt alternative. Inspired by the yogurt she had enjoyed while living abroad in France, Jade used the art of fermentation to create a dairy-free yogurt that is thick, creamy and super probiotic. Today, Yoggu! distributes all across Canada.

TOFURKY
ROAST AND WILD
RICE STUFFING

- ✓ NON-GMO PROJECT VERIFIED
- ✓ VEGAN



19⁹⁹

SUNFLOWER KITCHEN
HUMMUS

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



2 FOR \$8

SILVER HILLS
BREAD

- ✓ ORGANIC
- ✓ NUT-FREE
- ✓ VEGAN



2 FOR \$10

MIX & MATCH

WHOLLY WHOLESOME

PIE SHELLS

✓ ORGANIC



396 g

BUBBIES

KOSHER DILL PICKLES

✓ NON-GMO

✓ GLUTEN-FREE



1 L

INDIAN LIFE

TORTILLAS

✓ NON-GMO PROJECT VERIFIED

✓ VEGAN



500 g



WHITE BASMATI RICE

✓ CERTIFIED ORGANIC



79¢
100 G
7.90 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!)



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

RAW CALIFORNIA ALMONDS

✓ CERTIFIED ORGANIC



3²⁹
100 G
32.90 KG

Product of USA

PITTED DRIED PRUNES

✓ CERTIFIED ORGANIC



2²⁹
100 G
22.90 KG

Product of USA

BROWN FLAX SEED

✓ CERTIFIED ORGANIC



69¢
100 G
6.90 KG

Product of Canada

