

THE SWEET POTATO

Bringing healthy food to everyone!

SEP 25 - OCT 1, 2026

BUY CANADIAN

HOPE ECO-FARMS HONEYNUT SQUASH

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

Fall in love with squash



2⁴⁹
LB
5.49 KG

Product of Ontario

NATURE'S FIRST FRUIT GALA APPLES 3LB BAG

- ✓ CERTIFIED ORGANIC



6⁹⁹

1.36 Kg • Product of British Columbia

GREEN EARTH ORGANICS CARROTS 2LB BAGS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



3⁴⁹

908 g • Product of Ontario

PRAIRIE FAMILY FARMS ALBERTA GRASS FED & FINISHED TOP SIRLOIN STEAKS

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



23⁹⁹
LB
52.89 KG

Product of Alberta

FENWOOD FARMS ONTARIO FROZEN CHICKEN WINGS

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



7⁴⁹
LB
16.51 KG

Product of Ontario

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:

September 18

pick-up:

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

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NATURE'S FIRST FRUIT
BARTLETT PEARS
3LB BAG

✓ CERTIFIED ORGANIC



6⁹⁹

1.36 Kg • Product of British Columbia

RED DEVON ORGANICS
YELLOW ONIONS
3LB BAG

✓ LOCAL
✓ CERTIFIED ORGANIC



4⁹⁹

1.36 Kg • Product of Ontario

MIXED BELL PEPPER
2PC PACK

✓ LOCAL
✓ CERTIFIED ORGANIC



2⁹⁹

2 pc • Product of Ontario

DUBRETON
ONTARIO BONE-IN
PORK RIB CHOPS

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



12⁹⁹
LB
28.64 KG

Product of Ontario

SAUSAGE OF THE WEEK

BEEF & PORK CHILI
CHEESE SAUSAGE

— ♦ —
\$15.99/LB \$35.25/KG



SEACORE
EAST COAST, CANADA WILD HADDOCK FILLETS

✓ ALL-NATURAL
✓ WILD CAUGHT

✓ FRESH, NEVER FROZEN
✓ MSC CERTIFIED



22⁹⁹
LB
50.68 KG

SAVE \$2/LB

Product of East Coast, Canada



SEACORE
ONTARIO RAINBOW
TROUT FILLETS

✓ LOCAL
✓ SUSTAINABLY RAISED
✓ HIGH IN OMEGA-3
FATTY ACIDS
✓ OCEAN WISE
RECOMMENDED
✓ BAP



17⁹⁹
LB
39.66 KG

Product of Ontario



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SEP 25 - OCT 1, 2026

GREENHOUSE BOOSTER SHOTS

✓ LOCAL ✓ ORGANIC

3 FOR \$8



60 mL

YUM EARTH ASSORTED LOLLYPOPS

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

10⁹⁹



40 ct

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

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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

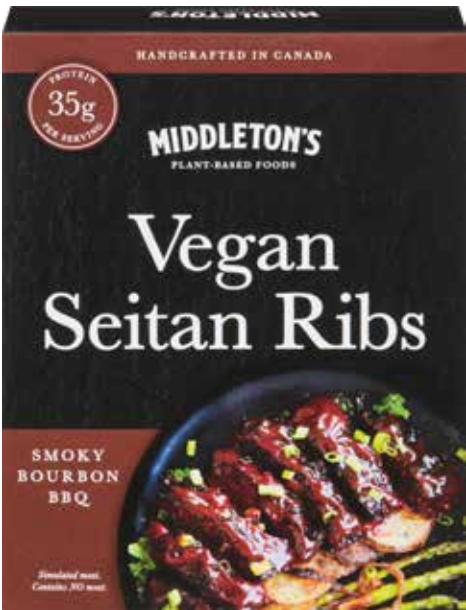
LOCALLY

MADE

MISSISSAUGA

ONTARIO

12⁹⁹





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





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SEP 25 - OCT 1, 2026

CANADIAN HERITAGE MAPLE SYRUP

- ✓ ORGANIC



16⁹⁹

500 mL

WHOLESOME GOLDEN SUGAR

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



9⁹⁹

907 g

GOBIO! BOUILLON CUBES

- ✓ ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$7

54 g - 66 g

ELMHURST NON DAIRY BEVERAGES

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



7⁹⁹

946 mL

STASH TEA

- ✓ NON-GMO PROJECT VERIFIED



2 FOR \$10

18 ct - 20 ct

DUTCHMAN'S GOLD RAW HONEY

- ✓ LOCAL
- ✓ UNPASTEURIZED



19⁹⁹

1 kg



ZEVIA SODA

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



7⁹⁹

6 x 355 mL

CABOO BATHROOM TISSUE

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



11⁹⁹

12 ct

LOTUS RAMEN W/ MISO SOUP

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



3 FOR \$8

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



7⁹⁹

396 g

BUBBIES
KOSHER DILL PICKLES

✓ NON-GMO
✓ GLUTEN-FREE



9⁹⁹

1 L

INDIAN LIFE
TORTILLAS

✓ NON-GMO PROJECT
VERIFIED
✓ VEGAN



6⁹⁹

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

