

THE SWEET POTATO

Bringing healthy food to everyone!

OCT 2 - 8, 2026

BUY CANADIAN

NIGHTINGALE FARMS JEWEL SWEET POTATOES

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

2⁴⁹
LB
5.49 KG



Product of Ontario

NATURE'S FIRST FRUIT MACINTOSH APPLES 3LB BAG

- ✓ CERTIFIED ORGANIC

6⁹⁹



1.36 Kg • Product of British Columbia

YORKSHIRE VALLEY FARMS ONTARIO FRESH WHOLE ORGANIC TURKEYS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ SUSTAINABLY RAISED
- ✓ FAMILY FARM RAISED

6⁹⁹
LB
15.41 KG



FRESH

PRE-ORDERED
YOUR TURKEY?
PICK UP STARTS
OCT 2ND!

NATUR-A OAT BARISTA

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

2^{FOR} \$7



946 mL

ECO-MAX SPRAY CLEANERS

- ✓ LOCAL
- ✓ NO ANIMAL TESTING

2^{FOR} \$8



800 mL

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

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ZEPHYR ORGANICS GREEN & RED DANDELION

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



Product of Ontario

PURE FLAVOR GREENHOUSE MIXED BELL PEPPER 2PC PACK

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



2pc • Product of Ontario

GRAPE TOMATO MEDLEY

- ✓ CERTIFIED ORGANIC



280g • Product of Mexico

RED DEVON ORGANICS RED ONIONS 3LB BAG

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1.36 Kg • Product of Ontario

SAUSAGE OF THE WEEK

FRENCH ONION BEEF & PORK SAUSAGE

— ♦ —
\$15.99/LB \$35.25/KG



PRAIRIE FAMILY FARMS ALBERTA GRASS FED & FINISHED TRI TIP STEAKS & ROASTS

- ✓ ALL-NATURAL
- ✓ 100% GRASS FED AND GRASS FINISHED
- ✓ SUSTAINABLY RAISED
- ✓ FAMILY FARM RAISED



20⁹⁹
LB
46.27 KG

SAVE \$2/LB

Product of Alberta

DUBRETON ONTARIO BONELESS PORK BLADE ROASTS & CHOPS

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



10⁹⁹
LB
24.23 KG

Product of Ontario

SWEET POTATO BUTCHER ONTARIO ALL MARINATED SPATCHCOCK CHICKENS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ AIR-CHILLED
- ✓ SUSTAINABLY RAISED
- ✓ MADE IN HOUSE



16⁹⁹

SAVE \$2
EACH

Product of Ontario

THE SWEET POTATO

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OCT 2 - 8, 2026

SEACORE BRITISH COLUMBIA WILD SOCKEYE SALMON FILLETS

- ✓ ALL-NATURAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ WILD CAUGHT

- ✓ OCEAN WISE RECOMMENDED
- ✓ FRESH, NEVER FROZEN

LAST
OF THE
SEASON!

37⁹⁹
LB
83.75 KG



Product of British Columbia



SEACORE ONTARIO WILD PICKEREL FILLETS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ SUSTAINABLE
- ✓ OCEAN WISE RECOMMENDED
- ✓ MSC

22⁹⁹
LB
50.68 KG



Product of Ontario



CRANK COFFEE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED

14⁹⁹



340 g

CAMINO COCOA POWDER

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

13⁹⁹



224 g

HUMBLE POTATO CHIPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

2 FOR \$8



135 g

ONE DEGREE SPROUTED ROLLED OATS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ GLYPHOSATE FREE

12⁹⁹



1.28 kg

HEALTHY CRUNCH GRANOLA BARS

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

2 FOR \$8



5 x 24 g

GATHERING PLACE PUMPKIN SPICE SEASONING

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ FARMER DIRECT

5⁴⁹



40 g

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nüd™

Local
SPOTLIGHT

CRACKERS & CRISPS

From seed-packed flax crackers to banana crisps and more, Nud Fud’s handmade products are whole, pure, unprocessed and delicious! All of Nud Fud’s ingredients are organic, raw, vegan, paleo, tree nut-free, gluten-free, grain-free, and non-GMO.

- 66 G
- ORGANIC
- PLANT-BASED
- GLUTEN-FREE

LOCALLY
MADE
TORONTO
ONTARIO

5⁹⁹



JULIA KIROUAC



While living in California working as a ballet dancer, Julia discovered and fell in love with the magic of the raw vegan diet. After an injury ended her ballet career, she returned home to Canada and continued to explore her passion for holistic nutrition and culinary arts. Through Nud Fud Julia is sharing what she’s learned about whole, healthy foods in the hopes that we can all start feeding ourselves the way we deserve.



SO YAM
GOOD

CHANA MASALA CHICKPEA CURRY
(PLANT BASED) SPK ENTREE

- ✓ MADE IN-HOUSE

✓ PLANT-BASED
- ✓ ORGANIC

✓ VEGETABLES



9⁹⁹

SAVE \$2

420 G

CHICKEN & RICE BURRITO BOWL

- ✓ ANTIBIOTIC & HORMONE-FREE CHICKEN

✓ MADE IN-HOUSE

✓ ORGANIC INGREDIENTS



9⁹⁹

SAVE \$1

420 G

THE SWEET POTATO

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OCT 2 - 8, 2026

PACIFIC BROTH

- ✓ ORGANIC
- ✓ GLUTEN-FREE



946 mL - 1 L

QUE PASA TORTILLA CHIPS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



300 g - 350 g

QUE PASA SALSA

- ✓ ORGANIC
- ✓ VEGAN



420 mL

BOB'S RED MILL ALMOND FLOUR

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



453 g

SIMPLY ORGANIC VANILLA EXTRACT

- ✓ ORGANIC
- ✓ GLUTEN-FREE



118 mL • Non Alcoholic Variety Included

NORA SEAWEED SNACKS

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



28 g - 32 g

NUTS TO YOU TAHINI

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



735 g

NEAL BROTHERS PASTA SAUCE

- ✓ LOCAL
- ✓ ORGANIC



680 mL

FREEYUMM CRACKERS & CRACKER BITES

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



120 g

jack & annie's®

Plant-Based
SPOTLIGHT

CRISPY JACK
TENDERS

Meet your new favourite ‘meat’, Jack & Annie’s offers delicious plant-based alternatives made of real jackfruit. Jack (a.k.a. jackfruit) is a big tropical plant that can mimic the texture of your favourite meaty foods and take on any flavour in your spice rack. Mouthwatering, nutritionally dense, and sustainably harvested.

- 255 G
- NON-GMO PROJECT VERIFIED
- GLUTEN-FREE

5⁹⁹



ANNIE RYU



One day, on the way home from her job as a medical practitioner, Annie noticed a large spiky green plant at a street vendor’s market. Turns out ‘Jack’ (or Jackfruit) was exactly what she’d been looking for: a tender vegetable with a beautiful texture reminiscent of shredded meat. It was the perfect match! Fast forward 10 years, and Jack & Annie’s now produces a sumptuous and satisfying range of plant-based meat alternatives with irresistible flavour.

L'ANCÊTRE
OLD CHEDDAR CHEESE

- ✓ ORGANIC



7⁹⁹

200 g

ORGANIC MEADOW
GRASS FED MILK - 2%

- ✓ LOCAL
- ✓ ORGANIC



4⁹⁹

1 L

HENRY'S
TEMPEH

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



4⁹⁹

250g

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STAHLBUSH MIXED VEGETABLES

- ✓ NON-GMO
- ✓ GLUTEN-FREE



3⁹⁹

300 g

MILLSIE EVERYTHING SAUCES

- ✓ DAIRY-FREE
- ✓ GLUTEN-FREE



7⁹⁹

300 mL

TONICA KOMBUCHA

- ✓ LOCAL
- ✓ ORGANIC
- ✓ RAW



6⁹⁹

1.1 L

RED KIDNEY BEANS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



59[¢]

100 G
5.90 KG

Product of Ontario

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

DRIED APRICOTS

- ✓ CERTIFIED ORGANIC



2⁴⁹

100 G
24.90 KG

Product of Türkiye

BUCKWHEAT GROATS

- ✓ CERTIFIED ORGANIC



79[¢]

100 G
7.90 KG

Product of Canada

HIMALAYAN PINK SALT

- ✓ CERTIFIED ORGANIC



49[¢]

100 G
4.90 KG

Product of Pakistan

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MIX & MATCH ANY CROSSWIND FARM CHEESE 2 FOR \$20!

CROSSWIND FARM
GOAT CHEDDAR

Local
A Sweet Potato favourite! We are so happy to showcase all The Crosswind Farm products. All produced in small batches, from their own goats. The Goat cheddar is rich and complex with a slightly sweet finish.



200 g • Product of Ontario

2 FOR \$20

OR \$10.99 EACH

CROSSWIND FARM
GOAT FETA

Local
The farmstead feta is a top seller, if you haven't tried the tomato and basil one, here's the perfect opportunity! perfect balance af tangy and salty.



250, 300 g • Product of Ontario

2 FOR \$20

OR \$10.99 EACH

CROSSWIND FARM
FRESH CHEVRE

Local
The fresh chevre is incredible, soft, fluffy, mild and creamy, available in a variety of flavours.



250 g • Product of Ontario

2 FOR \$20

OR \$10.99 EACH

CROSSWIND FARM
REGULAR AND SMOKED
GOAT GOUDA

Local
The regular gouda is a great introduction to goat cheese, mild sweet, more body in the smoked variety.



200 g • Product of Ontario

2 FOR \$20

OR \$10.99 EACH

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!

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

While quantities last daily. No substitutions.