THE SWEET POTATO

Bringing healthy food to everyone!

OCT 9 - 15, 2026

BUY CANADIAN

wishing you a sweet THANKSGIVING!

RED DEVON ORGANICS
BUTTERNUT SQUASH

- ✔ LOCAL
- ✔ CERTIFIED ORGANIC

1.29 LB 2.84 KG

Product of Ontario

GREEN EARTH ORGANICS
CARROTS 2LB BAG

- ✔ LOCAL
- ✔ CERTIFIED ORGANIC

3.49

908g • Product of Ontario

RED DEVON ORGANICS
JEWEL SWEET POTATOES

- ✔ LOCAL
- ✔ CERTIFIED ORGANIC

1.99 LB 4.39 KG

Product of Ontario

PRAIRIE RANCHER FARMS
ALBERTA TOP SIRLOIN STEAKS

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

19.99 LB 44.07 KG

SAVE $2/LB

Product of Alberta

YORKSHIRE VALLEY FARMS
ONTARIO FRESH WHOLE ORGANIC TURKEYS

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

6.99 LB 15.41 KG

SAVE $1/LB

PRE-ORDERED YOUR TURKEY? PICK UP UNTIL OCT 11!

Product of Ontario

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EARTH FRESH ORGANICS
RED, RUSSET OR YELLOW POTATOES 3LB BAG

✔ CERTIFIED ORGANIC

5.49

1.36Kg • Product of Canada

NATURE'S FIRST FRUIT
AMBROSIA, GALA OR MACINTOSH APPLES 3LB BAG

✔ CERTIFIED ORGANIC

6.99

1.36Kg • Product of British Columbia

RED DEVON ORGANICS
YELLOW ONIONS 3LB BAG

✔ LOCAL
✔ CERTIFIED ORGANIC

4.79

1.36Kg • Product of Ontario

PRAIRIE FAMILY FARMS
ALBERTA GRASS FED AND FINISHED BEEF BAVETTE STEAKS

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

29.99 LB 66.12 KG

SAVE $3/LB

Product of Alberta

SAUSAGE OF THE WEEK

ROASTED GARLIC AND SUNDRIED TOMATO BEEF SAUSAGE

$15.99/LB
$35.25/KG

DUBRETON
ONTARIO BONE-IN PORK RIB CHOPS

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

12.99 LB 28.64 KG

Product of Ontario

SEACORE
BRITISH COLUMBIA WILD CHINOOK "RED SPRING" SALMON FILLETS

✔ ALL-NATURAL
✔ WILD CAUGHT
✔ HIGH IN OMEGA-3 FATTY ACIDS
✔ OCEAN WISE RECOMMENDED

45.99 LB 101.39 KG

SAVE $4/LB

Product of British Columbia

SEACORE
BRITISH COLUMBIA ROCKFISH "PACIFIC SNAPPER" FILLETS

✔ ALL-NATURAL
✔ WILD CAUGHT
✔ SUSTAINABLE
✔ FRESH, NEVER FROZEN

10.99 LB 24.23 KG

SAVE $2/LB

Product of British Columbia

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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

CRANK
COFFEE

- ✔ LOCAL
- ✔ ORGANIC
- ✔ FAIR TRADE CERTIFIED

14.99

340 g

CAMINO
COCOA POWDER

- ✔ ORGANIC
- ✔ FAIR TRADE CERTIFIED
- ✔ GLUTEN-FREE

13.99

224 g

HUMBLE
POTATO CHIPS

- ✔ LOCAL
- ✔ ORGANIC
- ✔ GLUTEN-FREE

2 FOR $8

135 g

ONE DEGREE
SPROUTED ROLLED OATS

- ✔ ORGANIC
- ✔ GLUTEN-FREE
- ✔ GLYPHOSATE FREE

12.99

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

5.49

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

5.99

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 nutriton 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.

SWEET POTATO KITCHEN — SO YAM GOOD

CHANA MASALA CHICKPEA CURRY (PLANT BASED) SPK ENTREE

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

9.99

SAVE $2

420 G

CHICKEN & RICE BURRITO BOWL

✔ ANTIBIOTIC & HORMONE-FREE CHICKEN
✔ MADE IN-HOUSE
✔ ORGANIC INGREDIENTS

9.99

SAVE $1

420 G

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PACIFIC
BROTH

- ✔ ORGANIC
- ✔ GLUTEN-FREE

2 FOR $10

946 mL - 1 L

QUE PASA
TORTILLA CHIPS

- ✔ ORGANIC
- ✔ GLUTEN-FREE
- ✔ VEGAN

2 FOR $10

300 g - 350 g

QUE PASA
SALSA

- ✔ ORGANIC
- ✔ VEGAN

5.99

420 mL

BOB'S RED MILL
ALMOND FLOUR

- ✔ NON-GMO PROJECT VERIFIED
- ✔ GLUTEN-FREE

14.99

453 g

SIMPLY ORGANIC
VANILLA EXTRACT

- ✔ ORGANIC
- ✔ GLUTEN-FREE

24.99

118 mL • Non Alcoholic Variety Included

NORA
SEAWEED SNACKS

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

2 FOR $10

28 g - 32 g

NUTS TO YOU
TAHINI

- ✔ LOCAL
- ✔ ORGANIC
- ✔ GLUTEN-FREE

12.99

735 g

NEAL BROTHERS
PASTA SAUCE

- ✔ LOCAL
- ✔ ORGANIC

8.99

680 mL

FREEYUMM
CRACKERS & CRACKER BITES

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

2 FOR $10

120 g

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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

5.99

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 irresistable flavour.

L'ANCÊTRE
OLD CHEDDAR CHEESE

✔ ORGANIC

7.99

200 g

ORGANIC MEADOW
GRASS FED MILK - 2%

✔ LOCAL
✔ ORGANIC

4.99

1 L

HENRY'S
TEMPEH

✔ LOCAL
✔ ORGANIC
✔ GLUTEN-FREE
✔ VEGAN

4.99

250 g

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STAHLBUSH
MIXED VEGETABLES

- ✔ NON-GMO
- ✔ GLUTEN-FREE

3.99

300 g

MILLSIE
EVERYTHING SAUCES

- ✔ DAIRY-FREE
- ✔ GLUTEN-FREE

7.99

300 mL

TONICA
KOMBUCHA

- ✔ LOCAL
- ✔ ORGANIC
- ✔ RAW

6.99

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!

*a refundable deposit of 50¢ will be applied to each purchase

LEARN MORE AT FRIENDLIER.CA

DRIED APRICOTS

- ✔ CERTIFIED ORGANIC

2.49 100 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.

2 FOR $20
OR $10.99 EACH

200 g • Product of Ontario

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.

2 FOR $20
OR $10.99 EACH

250, 300 g • Product of Ontario

CROSSWIND FARM
FRESH CHEVRE

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

2 FOR $20
OR $10.99 EACH

250 g • Product of Ontario

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.

2 FOR $20
OR $10.99 EACH

200 g • Product of Ontario

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!

Macaroni Salad • Garlic Kale • Herb Roasted Potatoes

While quantities last daily.
No substitutions.

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