THE SWEET POTATO

Bringing healthy food to everyone!

OCT 15 - 21, 2026

BUY CANADIAN

RED DEVON ORGANICS
JEWEL SWEET POTATOES

- ✔ LOCAL
- ✔ CERTIFIED ORGANIC

1.99 LB 4.39 KG

Product of Ontario

NATURE FRESH FARMS
STRAWBERRIES 1LB

- ✔ CERTIFIED ORGANIC

4.99

454g • Product of USA

RED DEVON ORGANICS
ACORN, BUTTERNUT & SPAGHETTI SQUASH

- ✔ LOCAL
- ✔ CERTIFIED ORGANIC

1.29 LB 2.84 KG

Product of Ontario

PRAIRIE RANCHER FARMS
ALBERTA GRASS FED AND FINISHED BEEF BLADE ROASTS

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

17.99 LB 39.66 KG

SAVE $2

Product of Alberta

BOMBAY DINE
BEANS

- ✔ LOCAL
- ✔ ORGANIC

3 FOR $8

540 mL

FOUR O'CLOCK
TEA

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

2 FOR $11

16 ct

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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.

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DEL FRESCO
MINI CUCUMBERS

- ✔ LOCAL
- ✔ CERTIFIED ORGANIC

Product of Ontario

RED DEVON ORGANICS
GREEN & RED CABBAGE

- ✔ LOCAL
- ✔ CERTIFIED ORGANIC

Product of Ontario

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

- ✔ CERTIFIED ORGANIC

1.36Kg • Product of British Columbia

KIPFER FAMILY FARMS
ONTARIO BERKSHIRE PORK BELLY ROASTS

- ✔ LOCAL
- ✔ ALL-NATURAL
- ✔ NON-GMO
- ✔ FREE-RUN
- ✔ ANTIBIOTIC & HORMONE-FREE

Product of Ontario

ENS POULTRY FARMS
ONTARIO WHOLE ABF CHICKENS

- ✔ LOCAL
- ✔ ALL-NATURAL
- ✔ ANTIBIOTIC & HORMONE-FREE
- ✔ AIR-CHILLED
- ✔ FREE-RUN
- ✔ FAMILY FARM RAISED

Product of Ontario

SWEET POTATO BUTCHER
ALL ONTARIO FROZEN SPB SAUSAGES

- ✔ LOCAL
- ✔ ALL-NATURAL
- ✔ NON-GMO
- ✔ ANTIBIOTIC & HORMONE-FREE
- ✔ FREE-RUN
- ✔ MADE IN-HOUSE

Product of Ontario

SAUSAGE OF THE WEEK

ROASTED BELL PEPPERS & GARLIC PORK SAUSAGE

$8.99/LB $19.82/KG

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ORKNEY ORGANIC SALMON
SCOTTISH ATLANTIC SALMON FILLETS

- ✔ CERTIFIED ORGANIC
- ✔ HIGH IN OMEGA-3 FATTY ACIDS
- ✔ FRESH, NEVER FROZEN
- ✔ FARMED

26.99 LB 59.50 KG
SAVE $2

Product of Scotland

SEACORE
BRAZILIAN TILAPIA FILLETS

- ✔ ALL-NATURAL
- ✔ FARMED
- ✔ OCEAN WISE RECOMMENDED
- ✔ FRESH, NEVER FROZEN

12.99 LB 28.64 KG
SAVE $2

Product of Brazil

FILSINGER'S
APPLE CIDER VINEGAR

- ✔ LOCAL
- ✔ ORGANIC
- ✔ GLUTEN-FREE
- ✔ VEGAN

8.99

945 mL

HEARTWOOD FARMS
SPARKLE BEVERAGES

- ✔ LOCAL
- ✔ MADE W/ ONTARIO FRUIT

2 FOR $6

355 mL

PRANA
BARK

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

2 FOR $10

95 g - 100 g

CHA'S ORGANICS
CURRY PASTE

- ✔ ORGANIC
- ✔ GLUTEN-FREE
- ✔ VEGAN

2 FOR $10

55 g

CHA'S ORGANICS
HEIRLOOM RICE

- ✔ ORGANIC
- ✔ GLUTEN-FREE

11.99

900 g

KETTLE BRAND
CHIPS

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

2 FOR $7

198 g

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Sunflower kitchen

Local SPOTLIGHT

SOUP

With 14 delicious soups

to choose from, Sunflower Kitchen has something for every taste and every picky eater. Each delicious soup is packed full of wholesome vegetables, beans and whole grains — low in fat and high in fiber. Healthy never tasted so good!

- 956 ML
- NON-GMO PROJECT VERIFIED
- GLUTEN-FREE
- VEGAN

6.99

LOCALLY MADE
SCARBOROUGH ONTARIO

NURITH AND ELDAD

When Nurith and Eldad started Sunflower Kitchen in 1995, they were inspired by their passion for sharing healthy, balanced and delicious meals with others. Pretty soon they were offering a full line of dips, hummus and hummus cocktails, pestos, salsas, soups and more. Everything they make is plant-based, gluten-free, and absolutely delicious!

SWEET POTATO KITCHEN

SO YAM GOOD

SOUTHWEST CHIPOTLE CHICKEN AND BLACK BEAN SOUP

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

15.99

950 ML

PENNE WITH TOMATO BASIL SAUCE (PLANT-BASED) SPK PASTA

- ✔ PLANT-BASED
- ✔ MADE IN-HOUSE

8.99
SAVE $1

480 G

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KING ISLAND
COCONUT WATER

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

2 FOR $10

1 L

LOVE CHILD
BABY FOOD POUCHES

- ✔ ORGANIC
- ✔ GLUTEN-FREE

3 FOR $8

128 mL

MAPLE3
MAPLE WATER

- ✔ ORGANIC

2 FOR $8

1 L

ALTER ECO
CHOCOLATE BARS

- ✔ ORGANIC
- ✔ GLUTEN-FREE
- ✔ FAIR FOR LIFE

2 FOR $10

75 g - 84 g

GOGO QUINOA
PASTA

- ✔ ORGANIC
- ✔ GLUTEN-FREE
- ✔ PLANT-BASED

2 FOR $8

227 g

STEFANO FAITA
PASTA SAUCE

- ✔ ALL-NATURAL
- ✔ GLUTEN-FREE

7.99

648 mL

BLUE MONKEY
MANGO JUICE

- ✔ NON-GMO
- ✔ GLUTEN-FREE

5.99

1 L

CHOSEN FOODS
AVOCADO OIL MAYO

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

12.99

355 mL

ECO-MAX
DISH LIQUID

- ✔ LOCAL
- ✔ BIODEGRADABLE
- ✔ NOT TESTED ON ANIMALS

2 FOR $10

740 mL

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FATSO

Plant-Based SPOTLIGHT

PEANUT BUTTER

Fatso's all natural peanut butters pack all of your desired health benefits into one tidy spoonful. Using healthy fats such as coconut oil and MCT oil (plus the added fibery goodness of chia and flax!), every offering in Fatso's lineup is nutrient dense, intensely delicious, and has no sugar or palm oil ever!

- 500 G
- NON-GMO
- GLUTEN-FREE
- VEGAN

MADE IN CANADA

6.99

JILL VAN GYN

In 2016, Jill started her operation out of the back of a health food restaurant in Victoria BC. She took a simple nut, added in plant based fats, chia, flax, and fiber, and made it taste amazing and priced it as competitively as possible. Today, Fatso is run by G.E. Barbour, a family-owned food manufacturing business, and can be found all across Canada.

NUTS FOR CHEESE
CASHEW CHEESE WEDGE

✔ LOCAL
✔ ORGANIC
✔ VEGAN

9.99

120 g

CARBONAUT
BREAD

✔ NON-GMO PROJECT VERIFIED
✔ GLUTEN-FREE
✔ PLANT-BASED
✔ KETO CERTIFIED

8.99

550 g

TREE ISLAND
GREEK YOUGURT

✔ GRASS-FED

2 FOR $9

350 g

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RISE
KOMBUCHA

- ✔ ORGANIC
- ✔ UNPASTEURIZED
- ✔ GLUTEN-FREE

8.99

1 L

AMY'S
BURRITOS

- ✔ MADE WITH ORGANIC INGREDIENTS

2 FOR $10

156 g - 170 g

THE GRAIN ESCAPE
BREAD

- ✔ NON-GMO
- ✔ GLUTEN-FREE
- ✔ GRAIN-FREE
- ✔ NUT-FREE

7.99

528 g

RAW CASHEWS

- ✔ CERTIFIED ORGANIC

2.79
100 G
27.90 KG

Product of India

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!

DRIED FIGS

- ✔ CERTIFIED ORGANIC

2.49
100 G
24.90 KG

Product of Türkiye

FRENCH LENTILS

- ✔ CERTIFIED ORGANIC

69¢
100 G
6.90 KG

Product of Canada

HULLED MILLET

- ✔ CERTIFIED ORGANIC

49¢
100 G
4.90 KG

Product of USA

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