THE SWEET POTATO

Bringing healthy food to everyone!

OCT 30 - NOV 5, 2026

BUY CANADIAN

HEWGILL ORCHARDS
HONEYCRISP APPLES

- ✔ LOCAL
- ✔ CERTIFIED ORGANIC

3.99 LB 8.80 KG

Product of Ontario

RED DEVON ORGANICS
KALETTES

- ✔ LOCAL
- ✔ CERTIFIED ORGANIC

3.99

160 g • Product of Ontario

HOPE ECO-FARMS
PIE PUMPKINS

- ✔ LOCAL
- ✔ CERTIFIED ORGANIC

99¢ LB 2.18 KG

Product of Ontario

PRAIRIE RANCHER FARMS
ALBERTA GRASS FED & FINISHED BEEF BLADE ROASTS & STEAKS

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

ASK ABOUT OUR GRASS FED Beef

17.99 LB 39.66 KG

SAVE $2/LB

Product of Alberta

NAVITAS
CACAO POWDER

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

12.99

SAVE $5

227 g

ARIZONA PEPPER
HOT SAUCE

- ✔ ORGANIC
- ✔ GLUTEN-FREE

MIX & MATCH

2 FOR $12

148 mL

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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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CAULIFLOWER

✔ CERTIFIED ORGANIC

3.99

Each • Product of California

BARTLETT PEARS

✔ CERTIFIED ORGANIC

4.99

2 lb Bag • Product of Washington

SUNVIEW
RED OR GREEN RAISINS

✔ CERTIFIED ORGANIC

5.99

425 g • Product of California

KIPFER FAMILY FARMS
ONTARIO MARINATED BERKSHIRE PORK KEBABS

✔ LOCAL
✔ ALL-NATURAL
✔ ANTIBIOTIC & HORMONE-FREE
✔ NON-GMO
✔ FREE-RUN
✔ SUSTAINABLY AND FAMILY FARM RAISED

8.99 LB 19.82 KG

Product of Ontario

ZETTEL FAMILY FARMS
ONTARIO ORGANIC GRASS FED BEEF SHORT RIBS

✔ LOCAL
✔ CERTIFIED ORGANIC
✔ 100% GRASS FED AND GRASS FINISHED
✔ FAMILY FARM RAISED

21.99 LB 48.48 KG

SAVE $2/LB ON LONG CUT & THICK CUT!

Product of Ontario

THE PACKING HOUSE
ONTARIO SKINLESS BONELESS CHICKEN BREASTS

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

13.49 LB 29.74 KG

Product of Ontario

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SAUSAGE OF THE WEEK

SEA SALT & BLACK PEPPERCORN PORK SAUSAGE

$8.99/LB
$19.82/KG

SEACORE
SAVE 25% ON ALL FROZEN SPB FISH!

- ✔ ALL-NATURAL
- ✔ SUSTAINABLE
- ✔ INCLUDING WILD CAUGHT, OCEAN WISE RECOMMENDED, MSC, ASC AND BAP SELECTIONS

25% OFF

Multiple Origins - Oceans, Lakes, and Rivers

MANITOBA HARVEST
SUPERSEED GRANOLA

- ✔ ORGANIC
- ✔ VEGAN

7.99

283 g

CHA'S ORGANIC
TURMERIC LATTE

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

12.99

110 g

AREMA
TOMATOES

- ✔ ORGANIC

2 FOR $10

796 mL

PEACASA
CHICKPEA CHIPS

- ✔ LOCAL
- ✔ GLUTEN-FREE

2 FOR $10

128 g

SOLE DI SANGIORGIO
PASTA SAUCE

- ✔ ORGANIC
- ✔ GLUTEN-FREE

6.99

540 mL o Porchini Mushroom Sauce not Included

NEAL BROTHERS
TORTILLA CHIPS

- ✔ LOCAL
- ✔ ORGANIC
- ✔ GLUTEN-FREE

2 FOR $10

300 g

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GENUINE TEA CO.

Local SPOTLIGHT

TEA

Genuine Tea sources the highest quality teas directly from farmers across Asia, building fair and direct relationships. Every blend is crafted, packed, and shipped right here in Toronto, even the packaging is made in Canada. The 100% compostable plant-based pyramid tea bags are Plastic-free and made from plant starch.

- 15 CT
- BIODEGRADABLE
- ORGANIC & NATURAL VARIETIES INCLUDED

7.99

LOCALLY MADE TORONTO ONTARIO

SARAH WILCOX & DAVID O'CONNOR

Inspired by their love of tea and adventure, Sarah & David founded Genuine Tea in 2015 after living in Taiwan for five years. The pair travel to plantations around the world in search of the finest teas. Genuine Tea is one of Canada's Most Awarded Tea Companies thanks to their focus on quality and sustainable agriculture & ethical practices. Every tea in Genuine Tea's lineup is blended and packaged by hand in Toronto!

SWEET POTATO KITCHEN — SO YAM GOOD

LUNCH WRAP AND SMALL SOUP COMBO

- ✔ MADE IN-HOUSE DAILY
- ✔ PLANT-BASED OPTIONS
- ✔ ANTIBIOTIC & HORMONE-FREE CHICKEN

$14
SAVE $4

Various Sizes

FROZEN SPK STOCKS

- ✔ ANTIBIOTIC & HORMONE-FREE MEAT
- ✔ MADE IN-HOUSE

9.99
SAVE $2

950mL • Chicken or Beef

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LUNDBERG
THIN STACKERS

- ✔ ORGANIC
- ✔ GLUTEN-FREE

6.99

167 g

EDWARD & SON'S
BROWN RICE CRACKERS

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

MIX & MATCH

2 FOR $10

100 g

LIVIVA
SHIRATAKI NOODLES

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

MIX & MATCH

2 FOR $8

120 g

THE GOOD CRISP
POTATO CRISPS

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

MIX & MATCH

2 FOR $10

160 g

TODD'S BETTER SNACKS
EGG-CELLENT PUFFS

- ✔ GLUTEN-FREE
- ✔ NUT-FREE

MIX & MATCH

2 FOR $11

70 g

OCEANS HALO
SEAWEED SNACKS

- ✔ ORGANIC
- ✔ VEGAN

MIX & MATCH

2 FOR $10

5 X 4 g

GALERIE AU CHOCOLATE
CHOCOLATE BARS

- ✔ FAIR TRADE CERTIFIED
- ✔ GLUTEN-FREE
- ✔ NON-GMO

6.99

100 g

LET'S DO
SHREDDED COCONUT

- ✔ ORGANIC
- ✔ GLUTEN-FREE

5.99

250 g

ECO-MAX
LAUNDRY LIQUID

- ✔ LOCAL
- ✔ BIODEGRADABLE
- ✔ LEAPING BUNNY CERTIFIED

14.99

3 L

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oomé

Plant-Based SPOTLIGHT

SMOKED TOFU

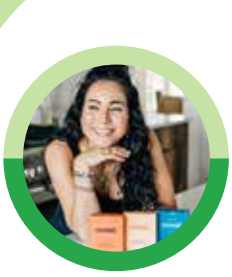
Oomé is here to shift the perception of tofu! Each tofu block is infused with simple and clean ingredients, packed with flavour and then smoked with locally sourced cherry wood from the family orchard. Oomé delivers a smoked tofu that is packed with flavour and ready-to-eat.

- 220 G
- NON-GMO PROJECT VERIFIED

MADE IN CANADA

5.99

MIKI TALEBI



Miki grew up in a home where food meant family, especially when her dad fired up the smoker. After he passed in 2020, Miki found herself drawn back to that smoker, this time to create something that aligned with her own values: nourishing, sustainable, joy-filled food. That spark became oomé

SILVER HILLS
SPROUTED BAGELS

✔ ORGANIC
✔ VEGAN

5.99

400 g

ROLLING MEADOW
2% MILK

✔ LOCAL
✔ GRASS-FED

6.99

2 L

LITTLE NORTHERN BAKEHOUSE
WIDE SLICED BREAD

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

6.99

567 g

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DREAMCRUST
PIZZA

- ✔ LOCAL
- ✔ ALL-NATURAL

14.99

432 g - 486 g

THE BETTER BUTCHER'S
PLANT BASED GROUND

- ✔ GLUTEN-FREE
- ✔ PLANT-BASED

6.99

300 g

TALLOW & FRIES
FRENCH FRIES

- ✔ LOCAL
- ✔ GLUTEN-FREE
- ✔ MADE W/BEEF TALLOW

8.99

454 g

CHICKPEAS

- ✔ CERTIFIED ORGANIC

59¢ 100 G / 5.90 KG

Product of Türkiye

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 ALMONDS

- ✔ CERTIFIED ORGANIC

3.79 100 G / 37.90 KG

Product of USA

THOMPSON RAISINS

- ✔ CERTIFIED ORGANIC

1.19 100 G / 11.90 KG

Product of USA

RED LENTILS

- ✔ CERTIFIED ORGANIC

69¢ 100 G / 6.90 KG

Product of Türkiye

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