THE SWEET POTATO

Bringing healthy food to everyone!

NOV 13 - 19, 2026

BUY CANADIAN

FUJI APPLES

✔ CERTIFIED ORGANIC



4.99

2 lb • Product of Washington

RED DEVON ORGANICS
GREEN KALE

✔ LOCAL
✔ CERTIFIED ORGANIC



1.99

Each • Product of Ontario

PRAIRIE FAMILY FARMS
ALBERTA GRASS FED & FINISHED BEEF TOP SIRLOIN STEAKS

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



21.99 LB
48.48 KG

SAVE $3/LB

ASK ABOUT OUR GRASS FED Beef

Product of Alberta

SOBER CARPENTER
NON ALCOHOLIC BEER & CIDER

✔ VEGAN



3 FOR $8

473 mL

CLEVER
MOCKTAILS

✔ GLUTEN-FREE



3 FOR $8

355 mL

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POMEGRANATES

✔ CERTIFIED ORGANIC



2.99

Each • Product of California

NIGHTINGALE FARMS

JEWEL SWEET POTATOES

✔ LOCAL
✔ CERTIFIED ORGANIC



1.99 LB 4.39 KG

Product of Ontario

BARTLETT PEARS

✔ CERTIFIED ORGANIC



2.49 LB 5.49 KG

Product of Washington

BROCCOLI

✔ CERTIFIED ORGANIC



3.99

Each • Product of California

KIPFER FAMILY FARMS

ONTARIO BERKSHIRE PORK STEWING CUBES

✔ LOCAL
✔ ALL-NATURAL
✔ NON-GMO
✔ ANTIBIOTIC & HORMONE-FREE
✔ FREE-RUN
✔ SUSTAINABLY RAISED ON FAMILY FARMS



6.99 LB 15.41 KG

SAVE $1/LB

Product of Ontario

ZETTEL FAMILY FARMS

ONTARIO ORGANIC GRASS FED LEAN GROUND BEEF

✔ LOCAL
✔ ALL-NATURAL
✔ SUSTAINABLY RAISED ON FAMILY FARMS



15.99 LB 35.25 KG

SAVE $2/LB

Product of Ontario

SAUSAGE OF THE WEEK

JALAPENO & CHEDDAR PORK SAUSAGE

$8.99/LB $19.82/KG

SAVE $1/LB



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BLUGLACIER
CHILEAN COHO SALMON FILLETS

- ✔ ALL-NATURAL
- ✔ FRESH, NEVER FROZEN
- ✔ SUSTAINABLY RAISED
- ✔ HIGH IN OMEGA-3 FATTY ACIDS



SEACORE
ICELANDIC COD FILLETS

- ✔ ALL-NATURAL
- ✔ WILD CAUGHT
- ✔ FRESH, NEVER FROZEN
- ✔ OCEAN WISE RECOMMENDED
- ✔ MSC



LEVEL GROUND
COFFEE

- ✔ COLLECTIVE FAIR TRADE, ORGANIC VARIETIES AVAILABLE



16.99

300 g

NUTS TO YOU
MACADAMIA NUT BUTTER

- ✔ LOCAL
- ✔ NON-GMO
- ✔ GLUTEN-FREE



12.99

365 g

MADE GOOD
CRUNCHY COOKIES

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



2 FOR $10

200 g

CHA'S
TRUE CINNAMON

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



9.99

130 g

BLACK RIVER
APPLE CIDER

- ✔ LOCAL
- ✔ ORGANIC



8.99

1 L

HUMMINGBIRD
CHOCOLATE BARS

- ✔ LOCAL
- ✔ GLUTEN-FREE
- ✔ SOY-FREE
- ✔ SINGLE ORIGIN, VEGAN



8.99

60 g

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FIRECRACKER PEPPER SAUCE

Local SPOTLIGHT

HOT SAUCE

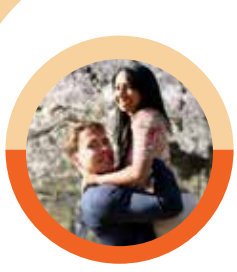
Made in Toronto in small batches with fresh ingredients and no preservatives, this authentic tasting line of sauces is some of the finest you'll ever try. Bring some home today and give a little heat and flavour to everything from grilled meats to pasta, eggs, stews, and more!

- 200 ML
- LOCAL
- GLUTEN-FREE
- VEGAN

7.99



LOCALLY MADE TORONTO ONTARIO



MICHAEL AND CARMEN MCCRACKEN

The adorable story of Firecracker begins at Carmen and Michael's wedding, when they gave out the very first batch of their award-winning Trini-style 'pepper sauce' as party favours to their guests. As the requests for more sauce started piling up, they realized that they might be on to something. Now, Firecracker's lineup includes multiple award-winning flavours all made with fresh and natural ingredients!

SWEET POTATO KITCHEN — SO YAM GOOD

SPK DIPS & SPREADS

- ✔ PRESERVATIVE-FREE
- ✔ PLANT-BASED OPTIONS
- ✔ MADE IN-HOUSE



2 FOR $10

SAVE UP TO $4

240 ml • Does not include guacamole or salsa

ZUPPA TUSCANA (FENNEL SAUSAGE, SPINACH AND POTATO SOUP)

- ✔ ANTIBIOTIC & HORMONE-FREE MEAT
- ✔ MADE IN-HOUSE
- ✔ BACK FOR SOUP SEASON!



15.99

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NATURE'S PATH
SUPERFOOD OATMEAL

- ✔ ORGANIC
- ✔ GLUTEN-FREE
- ✔ VEGAN



5.99

210 g - 228 g

DUTCHMAN'S GOLD
RAW HONEY

- ✔ LOCAL
- ✔ UNPASTEURIZED



19.99

1 kg

HEALTHY CRUNCH
BAKING CHIPS

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



7.99

283 g

STASH
TEA

- ✔ NON-GMO PROJECT VERIFIED



2 FOR $10

18 ct - 20 ct

BLUE DIAMOND
BARISTA

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



3.99

946 mL

ANNIE'S
MAC & CHEESE

- ✔ MADE WITH ORGANIC INGREDIENTS



2 FOR $7

149 g - 170 g

MUIR GLEN
TOMATOES

- ✔ ORGANIC
- ✔ GLUTEN-FREE



6.99

796 mL

ELMHURST
NON DAIRY BEVERAGES

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



7.99

946 mL • Milked Pistachios not Included

FELICETTI
DURUM WHEAT PASTA

- ✔ ORGANIC



2 FOR $6

454 g

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nana SHAKE

Plant-Based SPOTLIGHT

NANAPOPS

NanaPops are banana-based frozen dessert bars that perfectly combine the creamy texture of an ice cream bar with the health benefits of a smoothie. With NanaPops, you can have your Smoothie and Eat it too!

- 4 X 60 ML
- LOCAL
- NON-GMO
- GLUTEN-FREE
- PLANT-BASED

5.99



LOCALLY MADE TORONTO ONTARIO



YAZEED AND TAMARA

Tamara and Yazeed are the Toronto-based founders of Nanashake, the creators of NanaPops—Canada's first frozen banana-based treat. What started as a personal quest for a delicious and healthy dessert the entire family could enjoy, lead to starting Toronto's first plant-based frozen desserts parlour. Though their storefront is now closed, the local, family-run business of Nanashake lives on through their beloved Nanapops.

L'ANCÊTRE
MEDIUM CHEDDAR

- ✔ ORGANIC
- ✔ GRASS-FED



11.99

325 g

NATURE'S FARM
OMEGA - 3 EGGS

- ✔ NON-GMO PROJECT VERIFIED



17.99

30 ct

EARTH'S OWN
OAT BEVERAGE

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



2 FOR $10

1.75 L

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MIDDLETON'S
HERB PANKO VEGAN CHICKEN CUTLET

- ✔ LOCAL
- ✔ NON-GMO
- ✔ PLANT-BASED



11.99

290 g

THE GRAIN ESCAPE
BAGELS

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



6.99

328 g

AMY'S
PIZZA

- ✔ MADE WITH ORGANIC INGREDIENTS



12.99

340 g - 397 g

WALNUTS

- ✔ CERTIFIED ORGANIC



2.99 100 G 29.90 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!)



RED KIDNEY BEANS

- ✔ CERTIFIED ORGANIC



59¢ 100 G 5.90 KG

Product of Canada

BUCKWHEAT

- ✔ CERTIFIED ORGANIC



69¢ 100 G 6.90 KG

Product of Canada

SUNFLOWER SEEDS

- ✔ CERTIFIED ORGANIC



99¢ 100 G 9.90 KG

Product of Bulgaria

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