

MAY 17 -
MAY 23, 2024*

THE SWEET POTATO

natural foods · sweeter prices

SHOP.THESWEETPOTATO.CA

SWEET DEALS

Savoura Bio

VINE TOMATOES

2.99
LB
6.59 KG

*Simply
de-vine!*

✓ ORGANIC
Product of Quebec



When it comes to growing organic tomatoes year round in Canada, nobody does it better than our good friends at Savoura-Bio, in Saint-Sophie, Quebec. Founded in 1995, and certified organic since 2011, Savoura are committed to both biodiversity and growing consistently spectacular tomatoes. Plump, firm-fleshed, and sweet as candy, these outstanding vine-ripened tomatoes are the secret ingredient your sandwiches and salads have been missing. Plus they'll take your sauce game to a whole other level. They're 'the bomb'... literally... ready to explode with juicy goodness just when you need it.

COSMIC CRISP OR AUTUMN GLORY APPLES



✓ ORGANIC

1.99
LB
4.39 KG

Product of Washington

RAPINI



✓ ORGANIC

2.99
EACH

Product of California

GREEN ONIONS



✓ ORGANIC

99¢
BUNCH

Product of Mexico

CANTALOUPE



✓ ORGANIC

2.99
EACH

Product of Mexico

GREEN CABBAGE



✓ ORGANIC

1.49
LB
3.28 KG

Product of California

*PRODUCE PRICES IN EFFECT UNTIL MAY 23, 2024, OR WHILE QUANTITIES LAST. PRODUCE, MEAT, AND KITCHEN DEALS ARE VALID FOR 1 WEEK, OR WHILE QUANTITIES LAST. TAXES NOT INCLUDED. Please note not all deals are available in our e-commerce store shop.thesweetpotato.ca

SAVE \$5/LB ON

NOW \$8.99/LB!

Grass Fed Beef **BURGERS**

Available in plain or classic salt and pepper.

**Save \$4/lb on
TURKEY GARLIC
BURGERS**

NOW \$5.99/LB!

**Save \$6/pack on
GRASS FED BEEF BURGER
4-PACKS (FROZEN)**

NOW \$11.99/PACK!

Offer valid from May 1 - 31, 2024. Details in store.



Deals to grill for

MAY 17 -
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Beretta Farms

FRESH ALBERTA BEEF TENDERLOIN STEAKS

- ✓ ORGANIC
- ✓ HUMANELY RAISED

33⁹⁹
LB
74.93 KG



Beretta Farms

FRESH QUEBEC SKINLESS BONELESS CHICKEN BREASTS

- ✓ NON-GMO
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ AIR-CHILLED
- ✓ CERTIFIED HUMANE

11⁹⁹
LB
26.43 KG



Yorkshire Valley Farms

ONTARIO TURKEY WIENERS

- ✓ LOCAL
- ✓ ORGANIC

7⁹⁹
PACK

300 g



duBreton

FRESH ONTARIO RUSTIC PORK BACK RIBS

- ✓ LOCAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED
- ✓ CERTIFIED HUMANE

10⁹⁹
LB
24.23 KG



FRESH ICELANDIC COD FILLETS

- ✓ WILD CAUGHT
- ✓ SUSTAINABLE

- ✓ FRESH, NEVER FROZEN

17⁹⁹
LB
39.66 KG

FRESH B.C. CHINOOK SALMON FILLETS

- ✓ ORGANIC
- ✓ HIGH IN OMEGA-3 FATTY ACIDS

- ✓ FRESH, NEVER FROZEN

25⁹⁹
LB
57.30 KG





SO  YAM GOOD

THE SWEET POTATO 

MAY 17 - MAY 23, 2024*

Eat your greens

LUSCIOUS, VIBRANT, NUTRIENT-PACKED SALADS, MADE FRESH IN-HOUSE!

12⁹⁹

Made in-house with organic ingredients • Approximately 220 g

COBB SALAD BOWL WITH BUTTERMILK RANCH DRESSING

VEGAN THAI PEANUT SALAD BOWL



SPRING HARVEST BOWL

ROASTED CHICKEN CAESAR SALAD BOWL



MEAT OR SPINACH & RICOTTA LASAGNA

Vegetarian option available • Made with organic vegetables

550 g

SAVE \$6

11⁹⁹ - 12⁹⁹

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SO  YAM
GOOD

THE SWEET POTATO 

MAY 10 - MAY 23, 2024*

WE GOTTA HAND
IT TO YOU

*Nourishing goodies
for on the go!*



VEGETARIAN BREAKFAST
BURRITO • 10.99

CHICKEN BLT WRAP • 11.99

CHICKPEA FALAFEL WITH LEMON
TAHINI SAUCE (VEGAN) • 7.99

ASSORTED
EMPANADAS • 3 FOR \$11 OR \$3.99 EACH

ASSORTED
MUFFINS • 4 FOR \$10 OR \$3.29 EACH

STRAWBERRY CHEESECAKE CUPS (SUGAR FREE,
GLUTEN FRIENDLY) • 8.99

Made locally using organic ingredients



MEAT OR SPINACH &
RICOTTA LASAGNA

Vegetarian option available • Made with
organic vegetables

550 g

10⁹⁹ - 11⁹⁹

SAVE
\$7

*KITCHEN PRICES IN EFFECT UNTIL MAY 16, 2024, OR WHILE QUANTITIES LAST. PRODUCE, MEAT, AND KITCHEN DEALS ARE VALID FOR 1 WEEK, OR WHILE QUANTITIES LAST. TAXES NOT INCLUDED. Please note not all deals are available in our e-commerce store shop.thesweetpotato.ca

Treat yo' shelf!

THE SWEET POTATO 

MAY 10 - MAY 23, 2024



- ✓ LOCAL
- ✓ ALL-NATURAL

350 mL

KOZLIK'S
BBQ SAUCE

5⁹⁹



You go grill!

CHOSEN FOODS
MAYONNAISE

10⁹⁹

- ✓ NON-GMO
- ✓ GLUTEN-FREE

332 mL



RISE
BETTER SODA

- ✓ ALL-NATURAL
- ✓ VEGAN

355 mL

2⁹⁹



KETTLE BRAND
POTATO CHIPS

2 FOR \$7

- ✓ NON-GMO
- ✓ GLUTEN-FREE

198 g



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MAY 10 - MAY 23, 2024

RAWCOLOGY GRAIN FREE GRANOLA

7⁹⁹

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

200 g

SAVE
\$2



MADE GOOD GRANOLA BARS

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

2 FOR \$7

5 x 24 g



BOB'S RED MILL OATS

- ✓ ORGANIC
- ✓ GLUTEN-FREE

11⁹⁹

794 g - 907 g

SAVE
\$2



CAMINO CHOCOLATE BARS

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

80 g - 100 g

2 FOR \$9



TWO BEARS OAT MILK

3⁹⁹

- ✓ LOCAL
- ✓ PLANT-BASED

946 mL



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THE SWEET POTATO

MAY 10 - MAY 23, 2024

LACROIX SPARKLING FLAVOURED WATER

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ SUGAR-FREE

5⁹⁹

8 x 355 mL



MAISON ORPHÉE MUSTARD

- ✓ ORGANIC
- ✓ GLUTEN-FREE

3⁹⁹

250 mL



THEO PEANUT BUTTER CUPS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ FAIR FOR LIFE

2 FOR \$7

38 g

MIX & MATCH



- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

5⁹⁹

410 mL



BLACK RIVER LEMONADE

2 FOR \$9

- ✓ LOCAL
- ✓ ALL-NATURAL

1 L



MIX & MATCH



SAVE
\$2.98



Treat yo' shelf!

THE SWEET POTATO

MAY 10 - MAY 23, 2024

MAISON ORPHÉE VINAIGRETTE DRESSING

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ KETO CERTIFIED

4⁹⁹

240 mL - 250 mL



NEAL BROTHERS TORTILLA CHIPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

4⁹⁹

300 g



CHICKAPEA ONE POT MEALS

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE

6⁹⁹

198 g

MARY'S REAL THIN CRACKERS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

5⁹⁹

142 g



SAVE
\$1.98

CHA'S ORGANICS COCONUT MILK

2 FOR \$6

- ✓ ORGANIC
- ✓ FAIR FOR LIFE CERTIFIED
- ✓ GLUTEN-FREE

400 mL • Premium variety only



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MAY 10 - MAY 23, 2024

ELMHURST
SOUR CREAM

7⁹⁹

- ✓ PLANT-BASED
- ✓ NON-GMO

227 g



CHA'S ORGANICS
CURRY OR SOUP PASTE

5⁹⁹

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

55 g



SAVE
\$1

RICEWORKS
RICE CHIPS

- ✓ NON-GMO
- ✓ GLUTEN-FREE

4⁹⁹

155 g

SAVE
\$1

Find Delicious Here

NEW LOCATION -
SAME FRESH, LOCAL, ORGANIC,
AWESOME GROCERIES!

📍 1678 BAYVIEW AT SOUDAN
NEAR EGLINTON



NOW OPEN

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Cheesy on the eyes

THE SWEET POTATO

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SAPUTO HALLOUMI BURGERS



7⁹⁹
/100 g

✓ ALL-NATURAL

200 g • Product of Ontario

This non-traditional take on a veggie burger will blow you away! Salty and savory this burger pairs well with sweet potato fries and garlicky mayo. You're sure to love the rich toasted flavour that pan seared halloumi gets.

Pairs well with

🍴 SWEET POTATO BURGERS,
FIG JAM, WATERMELON

SALT SPRING KITCHEN SPREADS



9⁹⁹ ✓ ALL NATURAL

270 mL • Product of B.C.

The full collection of savoury, spicy, and sweet creations are perfect for pairing with cheese and charcuterie or spreading liberally on your favorite sandwiches.

Pairs well with

🍴 WAFFLES, PANCAKES,
CROSTINIS, FRESH RICOTTA

ST. BENOIT DU LAC FONTINA



6⁹⁹

✓ ALL-NATURAL

Product of Quebec

Mild creamy cheese with a distinctive savoury flavour. Try this cheese as part of a blend for mac and cheese or pizza.

Pairs well with

🍴 RACLETTES, PIZZAS,
GRATINS

FROMAGERIE DU PRESBYTÈRE BLEU D'ELIZABETH



7⁷⁹
/100 g

✓ ALL NATURAL

Product of Quebec

A Sweet Potato favourite! An incredible blue cheese, medium strength, balance of fruity and earthy notes with a salty finish.

Pairs well with

🍷 CIDER, PORT, SAUTERNES,
HAUT MEDOC, STOUT

Chiiiiill

THE SWEET POTATO

MAY 10 - MAY 23, 2024

KARTHEIN'S SAUERKRAUT

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ RAW

10⁹⁹

750 mL



YOGGU! CULTURED COCONUT YOGURT

- ✓ PLANT-BASED

7⁹⁹

450 g



TONICA KOMBUCHA

- ✓ LOCAL
- ✓ ORGANIC
- ✓ RAW

2⁹⁹

355 mL • Bottled varieties only



GREENHOUSE ADAPTOGENIC LATTE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ PLANT-BASED

5⁹⁹

300 mL

CHOOSE LIFE PATTIES

- ✓ LOCAL
- ✓ VEGAN

3⁹⁹

130 g



LITTLE NORTHERN BAKEHOUSE HOT DOG OR HAMBURGER BUNS

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN

5⁹⁹

260 g - 320 g

SAVE \$1.50



DAIYA PIZZA

- ✓ NON-GMO
- ✓ VEGAN
- ✓ SOY-FREE
- ✓ GLUTEN-FREE

8⁹⁹

433 g - 550 g



SILVER HILLS SPROUTED HOT DOG OR HAMBURGER BUNS

- ✓ ORGANIC
- ✓ VEGAN

5⁴⁹

330 g - 390 g

ORGANIC MEADOW GREEK YOGURT

- ✓ LOCAL
- ✓ ORGANIC

5⁹⁹

450 g - 500 g



YOSO TUBEZ YOGURT TUBES

- ✓ LOCAL
- ✓ PLANT-BASED
- ✓ PEANUT-FREE

5⁹⁹

8 x 45 g



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Raise a little shell!

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CINNAMON CRUNCH TRAIL MIX

✓ ALL NATURAL

3¹⁹
/100 g

Packaged in Canada



HEMP SEEDS

✓ ORGANIC

Product of Canada

2⁷⁹
/100 g



APRICOTS

✓ ORGANIC

Product of Turkey

2²⁹
/100 g



BLACK TURTLE BEANS

✓ ORGANIC

Product of Paraguay

49¢
/100 g



OUR BULK DEPARTMENT IS

friendlier

EASY AS BUY,
SCAN, RETURN!



REUSE RETURN

LEARN MORE AT [FRIENDLIER.CA](https://www.friendlier.ca)

*A REFUNDABLE
50¢ DEPOSIT
WILL BE CHARGED
TO EACH PURCHASE

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WE LOVE Local



SUBSTANCE
MOM & BABY
SUN CARE CREME
18⁹⁹

After pursuing environmental studies, and inspired by a profound interest in the natural world, Toronto native Denise Williams founded Matter Company, a luxe range of all-natural skin care products in 1996. One of her first lines, the now famous Substance Mom and Baby collection, is set in natural bases and fortified with nourishing herbs, made to nurture and pamper mother and child as life develops within.

LOCALLY MADE IN
**TORONTO,
ONTARIO**

180 mL

Something for every body!

CABOO BAMBOO BABY WIPES



14⁹⁹

- ✓ MADE SAFE CERTIFIED
- ✓ MADE FROM RENEWABLE BAMBOO & PULP BASED VISCOSE
- ✓ UNSCENTED
- ✓ ALCOHOL FREE & 99.3% WATER
- ✓ HYPOALLERGENIC

216 ct

SUBSTANCE BABY BABY FACE AND BODY CARE



20% OFF

- ✓ LOCAL
- ✓ MADE WITH ORGANIC INGREDIENTS
- ✓ PLANT BASED

10 g - 113 g

DR. BRONNER'S TOOTHPASTE

6⁹⁹

- ✓ FLUORIDE-FREE & SLS-FREE
- ✓ NO ARTIFICIAL COLORS, FLAVORS, CARRAGEENAN, PRESERVATIVES, SYNTHETIC SWEETENERS OR DETERGENT FOAMING AGENTS
- ✓ VEGAN
- ✓ NON-GMO PROJECT VERIFIED
- ✓ CRUELTY-FREE

140 g



GIOVANNI SHAMPOO OR CONDITIONER

10% OFF

- ✓ VEGAN-FRIENDLY
- ✓ NO PARABENS, PHTHALATES, SLS, SLES, ANIMAL BY-PRODUCTS, OR HARMFUL ENDOCRINE DISRUPTORS
- ✓ CRUELTY-FREE

250 mL - 399 mL



The Natural APOTHECARY *Vitamins, Supplements, Herbs, & More!*

VITAL PROTEINS COLLAGEN PEPTIDES

35⁹⁹

- ✓ ODORLESS AND FLAVOURLESS
- ✓ SOLUBLE IN HOT OR COLD LIQUIDS
- ✓ GLUTEN-FREE
- ✓ SINGLE INGREDIENT HYDROLYZED BOVINE COLLAGEN PEPTIDES

284 g



ST. FRANCIS ALLERGY RELIEF WITH DEEP IMMUNE® VALUE PACK

34⁹⁹

- ✓ HELPS RELIEVE SEASONAL ALLERGY SYMPTOMS AND MAINTAIN A HEALTHY IMMUNE SYSTEM
- ✓ MADE WITH ORGANIC INGREDIENTS

50 mL + 30 mL



A. VOGEL ABSOLÜT ARNICA GEL DUO PACK

25⁹⁹

- ✓ FOR MUSCULAR ACHES AND PAINS, STRAINS AND SPRAINS, STIFFNESS AND BRUISING.
- ✓ FRAGRANCE-FREE AND NON-GREASY FORMULA
- ✓ GEL MADE FROM FRESH ORGANIC ARNICA FLOWERS
- ✓ VEGAN

50 mL + 50 mL • Ages 2+



FLORA MANUKA HONEY

10% OFF

- ✓ SUSTAINABLY SOURCED
- ✓ UMF™-CERTIFIED
- ✓ MGO-GRADED
- ✓ NON-GMO VERIFIED
- ✓ UNPASTEURIZED

250 g • Product of New Zealand



SALUS® FLORADIX® OR FLORAVITAL® LIQUID IRON AND VITAMIN FORMULA

25⁹⁹ - 41⁹⁹

- ✓ ALSO CONTAINS VITAMIN B2, B6, B12 AND C CONTRIBUTE TO THE REDUCTION OF FATIGUE
- ✓ NO PRESERVATIVES, COLOURINGS, ARTIFICIAL FLAVOURINGS
- ✓ IRON FROM FERROUS GLUCONATE

250 mL - 500 mL



BEEKEEPER'S NATURALS PROPOLIS LOZENGES

9⁹⁹

- ✓ FORMULATED WITH LIQUID PROPOLIS, HONEY, AND OTHER NATURE-POWERED INGREDIENTS TO SOOTHE SORE THROATS AND SUPPORT THE IMMUNE SYSTEM
- ✓ ONLY 1 GRAM PER LOZENGE
- ✓ THIRD-PARTY TESTED

50 g

