

APRIL 26 -
MAY 9, 2024*

THE SWEET POTATO

natural foods • sweeter prices

SWEET DEALS

HEIRLOOM TOMATOES

2.99
LB
6.59 KG

- ✓ LOCAL
 - ✓ HYDROPONIC
- Product of Ontario

One of a kind!

Over the past century, most common tomatoes have been bred to be round, hard, and red at the expense of flavour. These tomatoes are basically the exact opposite of that. With some seed-lines dating back hundreds of years, these colourful, delicate tomatoes are literally bursting with sweetness and complexity, with each variety boasting it's own unique and wonderful taste.



RED RADISHES



✓ ORGANIC

Product of California

1.99
BUNCH

Elite Farms CRIMINI MUSHROOMS



- ✓ LOCAL
- ✓ ORGANIC

8 oz pack • Product of Ontario

2 FOR \$5

OR \$2.79 PACK 

D'ANJOU PEARS



✓ ORGANIC

Product of Argentina

1.99
LB
4.39 KG

ROYAL GALA APPLES



✓ ORGANIC

Product of B.C.

1.99
LB
4.39 KG 

BRUSSELS SPROUTS



✓ ORGANIC

Product of Mexico

3.99
LB
8.80 KG

*PRODUCE PRICES IN EFFECT UNTIL MAY 9, 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



Deals to grill for

APRIL 26 -
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Beretta Farms

FRESH ALBERTA BISON RIB EYE STEAKS

- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ HUMANELY RAISED
- ✓ SUSTAINABLY RAISED

18⁹⁹
PACK

226 g



Beretta Farms

FRESH QUEBEC SKINLESS BONELESS CHICKEN BREASTS

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

11⁹⁹
LB
26.43 KG



Kipfer Heritage Farms

FRESH ONTARIO LEAN GROUND PORK

- ✓ LOCAL
- ✓ NON-GMO
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED
- ✓ FAMILY FARM RAISED

6⁹⁹
LB
15.41 KG



Beretta Farms

FRESH ALBERTA BEEF PETITE TENDERS

- ✓ ORGANIC
- ✓ HUMANELY RAISED

14⁹⁹
LB
33.05 KG



SAVE
\$4LB

FRESH ICELANDIC COD FILLETS

- ✓ FRESH, NEVER FROZEN

- ✓ WILD CAUGHT

16⁹⁹
LB
37.46 KG



Blue Circle

FRESH NORWEGIAN ATLANTIC SALMON FILLETS

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

- ✓ NO SYNTHETIC COLOURING
- ✓ FRESH, NEVER FROZEN

19⁹⁹
LB
44.07 KG





SO YAM GOOD

THE SWEET POTATO

APRIL 26 - MAY 9, 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

CHIPOTLE CHICKEN QUESADILLA

WITH CILANTRO CREMA DIP

11.99

PESTO PRIMAVERA PASTA

9.99

CARROT CAKE

WITH CREAM CHEESE FROSTING

8.99



SAVE \$2

Made with organic ingredients

325 g



NEW!

Vegan • Made with organic ingredients

420 g



SAVE \$5

Made with organic ingredients

600 g

*KITCHEN PRICES IN EFFECT UNTIL MAY 2, 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

APRIL 26 - MAY 9, 2024

NATURE'S PATH GRANOLA

✓ ORGANIC **5⁹⁹**

325 g - 350 g



NATURE'S PATH LOVE CRUNCH GRANOLA

5⁹⁹

✓ ORGANIC

300 g - 325 g



SAVE \$2

GENUINE TEA CO. TEA

7⁹⁹

✓ LOCAL
✓ BIODEGRADABLE

15 ct • Organic & natural varieties available



CLIF ENERGY BARS

2 FOR \$4

✓ MADE WITH ORGANIC INGREDIENTS
✓ PLANT-BASED

68 g



MIX & MATCH



SAVE \$1

CROFTER'S PREMIUM FRUIT SPREAD

6⁹⁹

✓ LOCAL
✓ ORGANIC
✓ GLUTEN-FREE

383 mL

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THE SWEET POTATO

APRIL 26 - MAY 9, 2024

EARTH'S OWN OAT BEVERAGE

- ✓ LOCAL
- ✓ NON-GMO
- ✓ VEGAN

2 FOR \$7

946 mL

MIX & MATCH



NOOCHPOP POPCORN

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN

4⁹⁹

120 g



HEALTHY CRUNCH SUNFLOWER SEED BUTTER

- ✓ LOCAL
- ✓ VEGAN
- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ PEANUT-FREE

5⁹⁹

340 g

SAVE \$2

NOBLE JERKY

- ✓ NON-GMO
- ✓ VEGAN

4⁹⁹

70 g



LUNDBERG THIN STACKERS

- ✓ NON-GMO
- ✓ GLUTEN-FREE

6⁹⁹

167 g

SAVE \$1



FLOW WATER

3 FOR \$5

- ✓ LOCAL
- ✓ NATURALLY ALKALINE

500 mL

SAVE 97¢



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THE SWEET POTATO

APRIL 26 - MAY 9, 2024

MADE GOOD COOKIES

4⁹⁹

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ NUT-FREE
- ✓ VEGAN

200 g

SAVE
\$1



Larger shareable format
Format plus grand à partager

Enlarged to show detail
Agrandi pour montrer les détails

NET 200 g

NORA SEAWEED SNACKS

4⁹⁹

- ✓ NON-GMO
- ✓ GLUTEN-FREE

32 g



SAVE
\$7



MAISON ORPHEE OLIVE OIL

18⁹⁹

- ✓ ORGANIC
- ✓ GLUTEN-FREE

750 mL



BRAGG APPLE CIDER VINEGAR

- ✓ ORGANIC
- ✓ UNFILTERED

946 mL

9⁹⁹

THAT'S IT FRUIT BARS

2 FOR \$5

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ NUT-FREE

35 g



MIX & MATCH

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THE SWEET POTATO 

APRIL 26 - MAY 9, 2024

BLUE MONKEY WATERMELON JUICE

✓ NON-GMO

1 L

SAVE
\$1.50

4⁹⁹



ACROPOLIS OLIVES IN BRINE

5⁹⁹

✓ LOCAL
✓ ORGANIC
✓ GLUTEN-FREE

315 mL

SAVE
\$2



EAT WHOLESOME TOMATOES

✓ ORGANIC

796 mL

2 FOR \$9

Find Delicious Here

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

📍 1678 BAYVIEW AT SOUDAN
NEAR EGLINTON



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Cheesy on the eyes

THE SWEET POTATO

APRIL 26 - MAY 9, 2024

PRESBYTERE BLEU D'ELIZABETH



7⁷⁹
/100 g

✓ ALL-NATURAL

Product of Ontario

Made from a combination of Thermalised holstein and Jersey milk. buttery mouthfeel, perfect balance of salt, creaminess and spice.

Pairs well with



CIDER, PORT, SAUTERNES,
HAUT MEDOC, STOUT



DEVON CREAM COMPANY CLOTTED CREAM



8⁹⁹

✓ ALL NATURAL

170 g • Product
of England

This clotted cream is silky smooth, indulgently creamy and deliciously thick. The essential ingredient to a traditional English cream tea.

Pairs well with



WAFFLES, PANGAKES,
TEA

SAPUTO HALLOUMI PATTIES



9⁴⁹

✓ ALL-NATURAL

200 g • Product of Cyprus

They are perfect for grilling on the barbecue, in a pan or even baked in the oven! Once cooked, the edges get crisp, yet the center keeps its silky texture.

Pairs well with



SWEET POTATO BURGERS,
FIG JAM, WATERMELON

SANTA LUCIA CHEESE SLICES



5⁹⁹

✓ LOCAL
✓ ALL NATURAL

160 g • Product of USA, Denmark, Italy,
and Netherlands • Provolone, Swiss,
Havarti, and Cheddar available

Pairs well with



BURGERS, BLT,
GRILLED CHEESE

Chiiiiill

THE SWEET POTATO

APRIL 26 - MAY 9, 2024

L'ANCÊTRE BUTTER 80%

✓ ORGANIC

250 g

6⁹⁹



SPREAD 'EM CASHEW DIP

✓ NON-GMO
✓ VEGAN
✓ GLUTEN-FREE

185 g

7⁹⁹

SAVE \$2



MYLKO COCONUT BEVERAGE

✓ LOCAL
✓ VEGAN
✓ GLUTEN-FREE

1 L

7⁹⁹

SAVE \$1



CALIFIA ALMOND OR OAT BEVERAGES

2 FOR \$11

✓ NON-GMO
✓ VEGAN
✓ GLUTEN-FREE
✓ CARRAGEENAN FREE

1.4 L



LA TORTILLA FACTORY TRADITIONAL FLOUR TORTILLAS

✓ ORGANIC

216 g

4⁹⁹

HARMLESS HARVEST COCONUT WATER

✓ ORGANIC
✓ FAIR FOR LIFE CERTIFIED

473 mL

5⁹⁹

SAVE \$2



Raise a little shell!

THE SWEET POTATO 

APRIL 26 - MAY 9, 2024

COLA GUMMIES

✓ ORGANIC

Product of Germany

309
/100 g



TAMARI ALMONDS

369
/100 g

✓ ORGANIC

Product of Spain



SPLIT YELLOW PEAS

59¢
/100 g

✓ ORGANIC

Product of Canada



PRUNES

249
/100 g

✓ ORGANIC

Product of USA



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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Something for every body!

NIXIT MENSTRUAL CUP



SAVE
\$7

42⁹⁹

- ✓ SUSTAINABLY MADE
- ✓ MADE WITH 100% MEDICAL GRADE BPA FREE SILICONE
- ✓ REDUCE WASTE BY 99%
- ✓ ONE SIZE FITS ALL
- ✓ 12-HOUR PROTECTION
- ✓ LOCAL
- ✓ PLASTIC-FREE

1 ct



ECO BY NATY 100 % COMPOSTABLE WIPES



6⁹⁹

- ✓ MADE WITH NATURAL, COMPOSTABLE AND RENEWABLE MATERIAL
- ✓ VEGAN
- ✓ CERTIFIED ECOCERT

56 ct

DERMA-E SUN DEFENSE CLEAR ZINC OIL-FREE SUNSCREEN SPF30 FACE

19⁹⁹

- ✓ VEGAN
- ✓ CRUELTY-FREE
- ✓ REEF-SAFE
- ✓ ECO-FRIENDLY

56 g



PRAIRIE NATURALS GERM FORCE MOISTURIZING HAND SANITIZER WITH ALOE VERA

13⁹⁹

- ✓ ANTIBACTERIAL
- ✓ NO DRY CHAPPED SKIN WITH REGULAR USE
- ✓ GLUTEN-FREE

250 mL



SAVE
\$6



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

AQUA OMEGA OMEGA-3

15% OFF

- ✓ WILD-CAUGHT ANCHOVY IN TRIGLYCERIDE FORM
- ✓ GLUTEN FREE,
- ✓ SOY-FREE
- ✓ GMO FREE
- ✓ IFOS CERTIFIED

225 mL - 450 mL, 120 sg • Vegan options available



PURELAB L-THEANINE VEGI-CAPS OR CHEWABLE TABLETS

19⁹⁹

- ✓ PROMOTES RELAXATION WITHOUT SEDATING EFFECTS FOR A CALM, FOCUSED MIND
- ✓ THIRD PARTY TESTED
- ✓ LOCAL
- ✓ VEGAN

58 mL • 125 servings per bottle

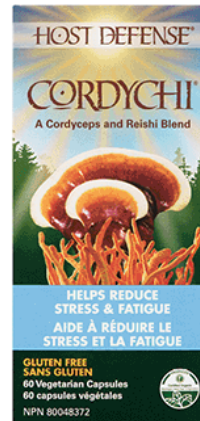


BIOFIL® ADVANCED COLLAGEN GENERATOR

20% OFF

- ✓ SUPPORTS HAIR, SKIN, AND NAIL HEALTH
- ✓ HELPS WITH THE FORMATION OF COLLAGEN
- ✓ NON-GMO, GLUTEN AND ALLERGEN FREE, VEGETARIAN
- ✓ ISURA CERTIFIED

30 mL, 60 ct - 120 ct



HOST DEFENCE FUNCTIONAL MUSHROOMS

10% OFF

- ✓ SUSTAINABLY CULTIVATED, GROWN & PROCESSED
- ✓ ORGANIC
- ✓ NON-GMO VERIFIED
- ✓ GLUTEN-FREE
- ✓ B-CORP CERTIFIED

30 ct - 60 ct

GARDEN OF LIFE ALL-IN-ONE SHAKE

59⁹⁹

- ✓ 20G PROTEIN, 44 SUPERFOODS, 7G FIBER. 21 WHOLE FOOD VITAMINS AND MINERALS
- ✓ ORGANIC
- ✓ VEGAN
- ✓ GLUTEN-FREE

969 g - 1,038 g



A. VOGEL ECHINAFORCE EXTRA STRENGTH ECHINACEA TABLETS 1200 MG

16⁹⁹

- ✓ CLINICALLY PROVEN TO HELP PREVENT AND RELIEVE THE SYMPTOMS OF VIRAL RESPIRATORY TRACT INFECTIONS
- ✓ TABLETS MADE FROM FRESH, ORGANICALLY GROWN ECHINACEA
- ✓ VEGAN
- ✓ GLUTEN-FREE

30 ct



SAVE \$2