

MAY 03 -
MAY 09, 2024*

THE SWEET POTATO

natural foods • sweeter prices

SHOP.THESWEETPOTATO.CA

SWEET DEALS

STRAWBERRIES
2 FOR \$6

Ex-straw-ordinary!

✓ **ORGANIC**
Product of Mexico

OR \$3.49 EACH

Strawberries are our jam! Fragrant, juicy and sugary-sweet, but okay... did you know that they're also the happiest fruit on the block? Yes, really! Scientists have found that these little red bundles of joy evoke even more positive emotions than any other fruit. We're not grasping at straws here. So get outside, get some strawberries in your belly and let the good times roll!



CANTALOUPE



✓ **ORGANIC**

Product of Mexico

2.99
EACH

Pfenning's Organic Farm
RUTABAGA



✓ **LOCAL**
✓ **ORGANIC**

Product of Ontario

1.79
LB
3.95 KG

Savoura Bio
APEROTOMATOES



✓ **ORGANIC**

250 g • Product of Quebec

3.99
PACK

BRUSSELS SPROUTS



✓ **ORGANIC**

Product of Mexico

3.99
LB
8.80 KG

HONEYCRISP APPLES



✓ **ORGANIC**

Product of Washington

2.99
LB
6.59 KG

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Deals to grill for

MAY 03 -
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duBreton

FRESH ONTARIO BONELESS PORK BLADE CHOPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ CERTIFIED HUMANE

11.49
LB
25.33 KG

Also available
as roasts



Beretta Farms

FRESH QUEBEC CHICKEN BONE-IN THIGHS & DRUMSTICKS

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

5.49
LB
12.10 KG



Greenfield Natural Meat Co.

PORK BACON

- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ GLUTEN-FREE
- ✓ SUSTAINABLY RAISED

9.99
PACK

375 g



Penokean Hills Farms

FRESH ONTARIO MEDIUM GROUND BEEF

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

10.99
LB
24.23 KG



FRESH B.C. "PACIFIC SNAPPER" ROCKFISH FILLETS

- ✓ FRESH, NEVER FROZEN

- ✓ WILD CAUGHT
- ✓ SUSTAINABLE

9.99
LB
22.02 KG



FRESH ONTARIO RAINBOW TROUT FILLETS

- ✓ LOCAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLY RAISED

14.99
LB
33.05 KG





SO  YAM GOOD

THE SWEET POTATO 

MAY 03 - MAY 09, 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

CHOCOLATE BARKS

(CRANBERRY ALMOND, SALTED TOFFEE PRETZEL, OR BANANA WALNUT)

6⁹⁹

MACARONI SALAD

6⁹⁹

CHERRY PIE

(BAKED OR FROZEN)

15⁹⁹



NEW!

Made with organic and all-natural ingredients including organic and fairtrade chocolate

80 g



NEW!

Vegan • Made with organic vegetables

350 g



SAVE \$4

Made with organic ingredients and local butter

600 g

*KITCHEN PRICES IN EFFECT UNTIL MAY 09, 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



NORA SEAWEED SNACKS

4⁹⁹

- ✓ NON-GMO
- ✓ GLUTEN-FREE

32 g



MAISON ORPHÉE OLIVE OIL

18⁹⁹

- ✓ ORGANIC
- ✓ GLUTEN-FREE

750 mL



BRAGG APPLE CIDER VINEGAR

- ✓ ORGANIC
- ✓ UNFILTERED

9⁹⁹

946 mL

THAT'S IT FRUIT BARS

2 FOR \$5

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

35 g



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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

2 FOR \$9

796 mL



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

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



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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

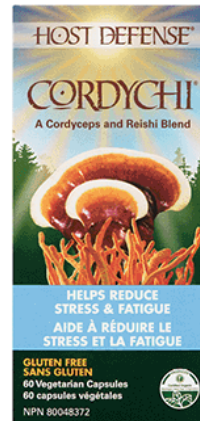


BIOFIL® ADVANCED COLLAGEN GENERATOR

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