

MAY 10 -  
MAY 23, 2024\*

# THE SWEET POTATO

natural foods • sweeter prices

## SWEET DEALS

Topline

### MINI CUCUMBERS

**2.99**  
PACK

- ✓ LOCAL
  - ✓ ORGANIC
- 6 ct • Product of Ontario

*Pickles our  
fancy!*



Small but mighty. GIGANTIC in every way that counts. Incredibly crunchy and bursting with fresh, juicy goodness. A hero of cheese and tomato sandwiches and a tub of hummus' best friend. Just in time to be the perfect side dish at your weekend picnic or the star of a veggie tray at your Sunday BBQ.

DelFresco Farm

### OMBRA™ BROWN TOMATOES



- ✓ LOCAL
- ✓ HYDROPONIC

**2.99**  
PACK

454 g sleeve • Product of Ontario

DelFresco Farm

### DELIGHTS SWEET RED COCKTAIL TOMATOES



- ✓ LOCAL
- ✓ HYDROPONIC

**2.99**  
PACK

454 g clam • Product of Ontario

### STRAWBERRIES



- ✓ ORGANIC

**2 FOR \$6**

Product of Mexico

OR \$3.49 PACK

### CANTALOUPE



- ✓ ORGANIC

**2.99**  
EACH

Product of Mexico

### GALA APPLES



- ✓ ORGANIC

**4.99**  
BAG

3 lb bag • Product of B.C.

\*PRODUCE 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](http://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 10 -  
MAY 23, 2024\*

duBreton

## FRESH ONTARIO PORK BONE-IN RIB CHOPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ CERTIFIED HUMANE

**9<sup>99</sup>**  
LB  
22.02 KG



Beretta Farms

## FRESH QUEBEC SKINLESS BONELESS CHICKEN THIGHS

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

**10<sup>99</sup>**  
LB  
24.23 KG



Beretta Farms

## FRESH ALBERTA LEAN GROUND BEEF

- ✓ ORGANIC
- ✓ HUMANELY RAISED

**12<sup>49</sup>**  
LB  
27.54 KG



Sweet Potato Butcher

## FRESH ONTARIO PORK SAUSAGES

- ✓ LOCAL
- ✓ ALL-NATURAL

**6<sup>99</sup>**  
LB  
15.41 KG

Featuring Cajun, Mild Italian and Sea Salt & Black Pepper

SAVE  
\$2LB



## FRESH ICELANDIC ARCTIC CHAR FILLETS

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

**19<sup>99</sup>**  
LB  
44.07 KG



- ✓ SUSTAINABLY RAISED

- ✓ FRESH, NEVER FROZEN

**11<sup>99</sup>**  
LB  
26.43 KG

## FRESH TURKISH TILAPIA FILLETS



SO  YAM  
GOOD

THE SWEET POTATO 

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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

10<sup>99</sup> - 11<sup>99</sup>

SAVE  
\$7

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# WE LOVE Local



SUBSTANCE  
MOM & BABY  
SUN CARE CREME  
**18<sup>99</sup>**

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

# Treat yo' shelf!

THE SWEET POTATO 

MAY 10 - MAY 23, 2024



- ✓ LOCAL
- ✓ ALL-NATURAL

350 mL

KOZLIK'S  
BBQ SAUCE

5<sup>99</sup>



*You go grill!*

CHOSEN FOODS  
MAYONNAISE

10<sup>99</sup>

- ✓ NON-GMO
- ✓ GLUTEN-FREE

332 mL



RISE  
BETTER SODA

- ✓ ALL-NATURAL
- ✓ VEGAN

355 mL

2<sup>99</sup>



KETTLE BRAND  
POTATO CHIPS

2 FOR \$7

- ✓ NON-GMO
- ✓ GLUTEN-FREE

198 g



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## RAWCOLOGY GRAIN FREE GRANOLA

**7<sup>99</sup>**

- ✓ 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

**11<sup>99</sup>**

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

**3<sup>99</sup>**

- ✓ LOCAL
- ✓ PLANT-BASED

946 mL



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## LACROIX SPARKLING FLAVOURED WATER

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

5<sup>99</sup>

8 x 355 mL



## MAISON ORPHÉE MUSTARD

- ✓ ORGANIC
- ✓ GLUTEN-FREE

3<sup>99</sup>

250 mL



## THEO PEANUT BUTTER CUPS

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

2 FOR \$7

38 g

MIX & MATCH



- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

5<sup>99</sup>

410 mL



## NEAL BROTHERS SALSA

## BLACK RIVER LEMONADE

2 FOR \$9

- ✓ LOCAL
- ✓ ALL-NATURAL

1 L





# Treat yo' shelf!

## THE SWEET POTATO

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### MAISON ORPHÉE VINAIGRETTE DRESSING

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

4<sup>99</sup>

240 mL - 250 mL



### NEAL BROTHERS TORTILLA CHIPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

4<sup>99</sup>

300 g



### CHICKAPEA ONE POT MEALS

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE

6<sup>99</sup>

198 g

### MARY'S REAL THIN CRACKERS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

5<sup>99</sup>

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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ELMHURST  
SOUR CREAM

7<sup>99</sup>

- ✓ PLANT-BASED
- ✓ NON-GMO

227 g



CHA'S ORGANICS  
CURRY OR SOUP PASTE

5<sup>99</sup>

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

55 g



SAVE  
\$1

RICEWORKS  
RICE CHIPS

- ✓ NON-GMO
- ✓ GLUTEN-FREE

4<sup>99</sup>

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

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## SAPUTO HALLOUMI BURGERS



7<sup>99</sup>  
/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



9<sup>99</sup> ✓ 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, PANGAKES,  
CROSTINIS, FRESH RICOTTA

## ST. BENOIT DU LAC FONTINA



6<sup>99</sup>

✓ 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



7<sup>79</sup>  
/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

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### KARTHEIN'S SAUERKRAUT

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ RAW

# 10<sup>99</sup>

750 mL



### YOGGU! CULTURED COCONUT YOGURT

- ✓ PLANT-BASED

# 7<sup>99</sup>

450 g



### TONICA KOMBUCHA

- ✓ LOCAL
- ✓ ORGANIC
- ✓ RAW

# 2<sup>99</sup>

355 mL • Bottled varieties only



### GREENHOUSE ADAPTOGENIC LATTE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ PLANT-BASED

# 5<sup>99</sup>

300 mL

### CHOOSE LIFE PATTIES

- ✓ LOCAL
- ✓ VEGAN

# 3<sup>99</sup>

130 g



### LITTLE NORTHERN BAKEHOUSE HOT DOG OR HAMBURGER BUNS

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN

# 5<sup>99</sup>

260 g - 320 g

SAVE \$1.50



### DAIYA PIZZA

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

# 8<sup>99</sup>

433 g - 550 g

### SILVER HILLS SPROUTED HOT DOG OR HAMBURGER BUNS

- ✓ ORGANIC
- ✓ VEGAN

# 5<sup>49</sup>

330 g - 390 g



### ORGANIC MEADOW GREEK YOGURT

- ✓ LOCAL
- ✓ ORGANIC

# 5<sup>99</sup>

450 g - 500 g



### YOSO TUBEZ YOGURT TUBES

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

# 5<sup>99</sup>

8 x 45 g



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# Raise a little shell!

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## CINNAMON CRUNCH TRAIL MIX

✓ ALL NATURAL

**3<sup>19</sup>**  
/100 g

Packaged in Canada



## HEMP SEEDS

✓ ORGANIC

Product of Canada

**2<sup>79</sup>**  
/100 g



## APRICOTS

✓ ORGANIC

Product of Turkey

**2<sup>29</sup>**  
/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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# Something for every body!

## CABOO BAMBOO BABY WIPES



14<sup>99</sup>

- ✓ 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

6<sup>99</sup>

- ✓ 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

**35<sup>99</sup>**

- ✓ 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

**34<sup>99</sup>**

- ✓ 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

**25<sup>99</sup>**

- ✓ 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

**25<sup>99</sup> - 41<sup>99</sup>**

- ✓ 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

**9<sup>99</sup>**

- ✓ 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

