

THE SWEET POTATO

Bringing healthy food to everyone!

SHOP.THESWEETPOTATO.CA

DEC 20, 2024 - JAN 2, 2025

PFENNING'S RUTABAGA

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

1⁷⁹
/LB
3.95KG

Product of Ontario

PFENNING'S FARMS LEEKS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ LAST OF THE SEASON

2⁷⁹
/LB
6.15KG

Product of Ontario

YORKSHIRE VALLEY FARMS ONTARIO TURKEY

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GRAIN FED

4⁹⁹
/LB
11KG

Product of Ontario



ZUCCHINI

- ✓ CERTIFIED ORGANIC

1⁹⁹
LB
4.39KG

Product of Mexico



PATIENCE CRANBERRY

- ✓ CERTIFIED ORGANIC
- ✓ 100% PURE JUICE

8⁹⁹
SAVE \$3

946 mL



ACROPOLIS OLIVE OIL

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE

29⁹⁹
SAVE \$10

500 mL



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PFENNING'S ORGANIC FARM RED MINI POTATOES

- ✓ LOCAL
- ✓ ORGANIC

2⁹⁹
BAG



PFENNING'S FARMS CARROTS

- ✓ LOCAL
- ✓ ORGANIC

2⁹⁹
BAG



HEWGILL FARMS HONEYCRISP APPLES

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ LAST OF THE SEASON

2⁴⁹
LB
5.49KG



SEAGORE SCOTTISH SALMON FILLETS

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

24⁹⁹
/LB
/55.09KG



SEAGORE ICELANDIC COD LOINS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLE



21⁹⁹
/LB
/48.48KG



PRAIRIE RANCHER FARMS ALBERTA BEEF BRISKET

- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC &
HORMONE-FREE
- ✓ SUSTAINABLY RAISED

12⁹⁹
LB
28.64KG



DUBRETON ONTARIO FRENCHED PORK RIB ROASTS & CHOPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ CERTIFIED HUMANE

11⁹⁹
LB
26.43KG



PURE ISLAND FARMS ONTARIO LEAN GROUND BEEF

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ NON-GMO
- ✓ ANTIBIOTIC &
HORMONE-FREE
- ✓ 100% GRASS-FED

13⁹⁹
/LB
30.64/KG



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LACROIX FLAVOURED SPARKLING WATER

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



5⁹⁹

8 x 355 mL

FILSINGER'S APPLE CIDER

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



6⁹⁹

945 mL

PURPLEFUL POPCORN

- ✓ LOCAL
- ✓ NON-GMO
- ✓ PLANT-BASED
- ✓ GLUTEN-FREE



2 FOR \$9

MIX & MATCH

136 g

QUE PASA FLAVOURED TORTILLA CHIPS

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$8

MIX & MATCH

156 g

CANADIAN HERITAGE ROASTING COFFEE

- ✓ CERTIFIED ORGANIC



12⁹⁹

340 g

SONOMA CREAMERY CHEESE CRISPS

- ✓ GLUTEN-FREE



6⁹⁹

64 g

CHA'S ORGANICS TURMERIC LATTE

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



12⁹⁹

SAVE \$2

110 g

FITBITE CASSAVA CHIPS

- ✓ NON-GMO
- ✓ GLUTEN-FREE



2 FOR \$10

MIX & MATCH

100 g

ACROPOLIS OLIVES IN BRINE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



5⁹⁹

SAVE \$2

315 mL

HARMON'S NON ALCOHOLIC BEER

WE LOVE
Local

✓ LOCAL

4 X 355 mL

9⁹⁹

SAVE \$3



Created in Toronto in 2021 by Mill Street Brewery co-founder Steve Abrams and Brewmaster Rob Doyle, Harmon's is on a mission to brew the very most delicious and satisfying non-alcoholic craft beer around. Using their combined 40+ years of experience and innovative brewing techniques, they pack in all of the flavour without all of the alcoholic punch. Perfect for the sober, sober-curious and anyone who loves beer but hates the hangover.

**FIND DELICIOUSNESS
NEAR YOU!**



The Junction
108 VINE AVE, TORONTO
MON-FRI, 9AM-8PM. SUN 10AM-8PM

Bayview-Leaside
1678 BAYVIEW AVE, TORONTO
MON-FRI, 9AM-8PM. SAT & SUN 10AM-7PM

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TRU EARTH LAUNDRY STRIPS

- ✓ BIODEGRADABLE
- ✓ VEGAN



13⁹⁹

SAVE \$4.2

32 ct

CHA'S ORGANICS COCONUT ROLLS

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



6⁴⁹

100 g

PRAIRIE GOODNESS CHIPS

- ✓ NON-GMO
- ✓ GLUTEN-FREE



4⁹⁹

120 g



SO YAM GOOD

CAULIFLOWER HUMMUS & ROASTED GARLIC

- ✓ ORGANIC

3⁹⁹

SAVE \$2



SPINACH ARTICHOKE DIP

- ✓ ORGANIC

4⁹⁹

SAVE \$2



ALL SWEET PIES

- ✓ ALL SWEET PIES - APPLE, BLUEBERRY, CHEESECAKE, CHERRY, PECAN, SWEET POTATO, PUMPKIN
- ✓ ORGANIC
- ✓ MADE IN-HOUSE DAILY

13⁹⁹

14⁹⁹ PECAN

SAVE \$2

8" pies



BREMNER'S FRUIT

- ✓ CERTIFIED ORGANIC

27⁹⁹

1.5 kg



CARBONAUT BAGELS

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

8⁹⁹

335 g



ROSEN'S CINNAMON BUNS

- ✓ LOCAL
- ✓ ALL-NATURAL

8⁹⁹

SAVE \$2

340 g



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MAISON RIVIERA GREEK OAT YOGURT

- ✓ PLANT-BASED
- ✓ MADE W/CANADIAN OATS

6⁹⁹



500 g

L'ANCETRE BUTTER

- ✓ CERTIFIED ORGANIC

12⁹⁹



454 g

ORGANIC MEADOW WHIPPING CREAM

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE

6⁹⁹



500 mL

L'ANCETRE EXTRA OLD CHEDDAR

- ✓ CERTIFIED ORGANIC
- ✓ MADE W/RAW MILK

12⁹⁹



325 g

DAIYA CHEEZECAKE

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE
- ✓ PLANT-BASED

7⁹⁹



400 g

SO DELICIOUS NON DAIRY DESSERT

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN FREE

7⁹⁹



500 mL

INTRODUCING!



- FRESH SUSHI AND MAKI MADE DAILY IN THE SWEET POTATO KITCHEN
- NATURAL AND ORGANIC INGREDIENTS • OCEANWISE CERTIFIED FISH



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ETORKI

Incredible cheese, well balanced, mild with a long complexity great creamy texture

7²⁹
/100G
72.90/KG

Basque



MORO FORMAGGI CHOCO 21

Creamy well balanced blue, infused with chocolate liquor and coated in cocoa, providing a complex bitter salty finish

8⁹⁹
/100G
89.90/KG

Product of Italy



FROMAGERIE NORDIQUE LE BATISSEUR

Salt forward, tropical fruits and citrus notes, hay with a clean finish

5²⁹
/100G
52.90/KG

Product of Quebec



DOMAIN FEODAL CENDRE DES PRES

Double creme brie with a line of vegetable ash in the center making a striking addition to a board. Mild, creamy and balanced

6⁴⁹
/100G
64.90/KG

Product of Quebec



IN-STORE Events

108 Vine

– FRIDAY 11-3PM –
DECEMBER 20TH

SWEET POTATO KITCHEN

BEEF CHILI

– SUNDAY 11-3PM –
DECEMBER 29TH

SWEET POTATO KITCHEN

**SPINACH
ARTICHOKE DIP**

– SUNDAY 12-3PM –

PRAIRIE GOODNESS/
BULWARK CIDER/ RED CROWN

**LENTIL CHIPS,
CIDER &
POMEGRANATE
JUICE**

Bayview

– SATURDAY 3-7PM –
DECEMBER 21ST

BRODO HOUSE

BONE BROTH

– SATURDAY 2-6PM –
DECEMBER 22ND

SWEET POTATO KITCHEN

BEEF CHILI

– MONDAY 12-4PM –
DECEMBER 23RD

CHOOSE LIFE

VEGAN PATTIES

– SUNDAY 11-3PM –
DECEMBER 29TH

SWEET POTATO KITCHEN

**SPINACH
ARTICHOKE DIP**

have a
Sweet
HOLIDAY



HOLIDAY HOURS

CLOSED EARLY: DECEMBER 24 AND 31 @ 6PM
CLOSED: DECEMBER 25, 26 AND JANUARY 1



SWEETENED BANANA CHIPS

✓ CERTIFIED ORGANIC

117
/100G
11.69/KG



Product of The Phillipines

OUR BULK DEPARTMENT IS GETTING

friendlier

REUSABLE PACKAGING MADE EASY!



SIMPLY BUY*, SCAN,
AND RETURN

*A REFUNDABLE
DEPOSIT OF 50¢
WILL BE APPLIED
TO EACH PURCHASE

LEARN MORE AT FRIENDLIER.CA

PISTACHIOS (RAW IN SHELL)

✓ CERTIFIED ORGANIC

370
/100 G
36.99/KG



Product of USA

THOMPSON RAISINS

✓ CERTIFIED ORGANIC

103
/100G
10.30/KG



Product of California o w/ Sunflower oil

RED LENTILS

✓ CERTIFIED ORGANIC

080
/100G
7.99/KG



Product of Canada