

# THE SWEET POTATO

Bringing healthy food to everyone!

[SHOP.THESWEETPOTATO.CA](http://SHOP.THESWEETPOTATO.CA)

DEC 20, 2024 - JAN 2, 2025

## PFENNING'S RUTABAGA

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

**1.79**  
/LB  
3.95KG

Product of Ontario

## PFENNING'S FARMS LEEKS

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

**2.79**  
/LB  
6.15KG

Product of Ontario

## YORKSHIRE VALLEY FARMS ONTARIO TURKEY

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GRAIN FED

**4.99**  
/LB  
11KG

Product of Ontario



## ZUCCHINI

- ✓ CERTIFIED ORGANIC

**1.99**  
LB  
4.39KG

Product of Mexico



### SO YAM GOOD

## CAULIFLOWER HUMMUS & ROASTED GARLIC HUMMUS

- ✓ ORGANIC

**3.99**  
SAVE \$2



## SPINACH ARTICHOKE DIP

- ✓ ORGANIC

**4.99**  
SAVE \$2



## ALL SWEET PIES

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

**13.99**  
**14.99** PECAN  
SAVE \$2



8" pies

Product packaging may differ in store than shown in the flyer, in case of discrepancy between the picture and the text, the text will be deemed correct. We reserve the right to limit quantities, while supplies last. Product selection may vary by location. Deals may differ for online shopping. Produce, meat, and seafood pricing is valid for the first seven days of the promotional period.

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## PFENNING'S ORGANIC FARM RED MINI POTATOES

- ✓ LOCAL
- ✓ ORGANIC

**2<sup>99</sup>**  
BAG



2 lb bag • Product of Ontario

## PFENNING'S FARMS CARROTS

- ✓ LOCAL
- ✓ ORGANIC

**2<sup>99</sup>**  
BAG



2 lb bag • Product of Ontario

## HEWGILL FARMS HONEYCRISP APPLES

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

**2<sup>49</sup>**  
LB  
5.49KG



Product of Ontario

## SEACORE SCOTTISH SALMON FILLETS

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

**24<sup>99</sup>**  
/LB  
/55.09KG



## SEACORE ICELANDIC COD LOINS

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



**21<sup>99</sup>**  
/LB  
/48.48KG



## PRAIRIE RANCHER FARMS ALBERTA BEEF BRISKET

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

**12<sup>99</sup>**  
LB  
28.64KG



## DUBRETON ONTARIO FRENCHED PORK RIB ROASTS & CHOPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ CERTIFIED HUMANE

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



## PURE ISLAND FARMS ONTARIO LEAN GROUND BEEF

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

**13<sup>99</sup>**  
/LB  
30.84/KG



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## ETORKI

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

**7<sup>29</sup>**  
/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

**8<sup>99</sup>**  
/100G  
89.90/KG

Product of Italy



## FROMAGERIE NORDIQUE LE BATISSEUR

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

**5<sup>29</sup>**  
/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

**6<sup>49</sup>**  
/100G  
64.90/KG

Product of Quebec



## IN-STORE Events

*108 Vine*

– FRIDAY 11-3PM –  
**DECEMBER 20<sup>TH</sup>**

SWEET POTATO KITCHEN

**BEEF CHILI**

– SUNDAY 11-3PM –  
**DECEMBER 29<sup>TH</sup>**

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 21<sup>ST</sup>**

BRODO HOUSE

**BONE BROTH**

– SATURDAY 2-6PM –  
**DECEMBER 22<sup>ND</sup>**

SWEET POTATO KITCHEN

**BEEF CHILI**

– MONDAY 12-4PM –  
**DECEMBER 23<sup>RD</sup>**

CHOOSE LIFE

**VEGAN PATTIES**

– SUNDAY 11-3PM –  
**DECEMBER 29<sup>TH</sup>**

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](http://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