

THE SWEET POTATO

Bringing healthy food to everyone!

SHOP.THESWEETPOTATO.CA

JAN 24 - JAN 30, 2025

RED CABBAGE

✓ CERTIFIED ORGANIC

1⁴⁹
LB
3.28KG

Product of Quebec

CAULIFLOWER

✓ CERTIFIED ORGANIC

3⁹⁹

Product of California

BERETTA FARMS ALBERTA STRIPLOIN STEAKS

✓ CERTIFIED ORGANIC
✓ HUMANELY RAISED

32⁹⁹
LB
72.73KG

SAVE \$9/LB

NUTS TO YOU PEANUT BUTTER

✓ CERTIFIED ORGANIC
✓ GLUTEN-FREE

2 FOR \$10

MIX & MATCH

500 g

ELMHURST NON DAIRY BEVERAGE

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

2 FOR \$11

MIX & MATCH

946 mL

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FAIRTRADE BANANAS

✓ CERTIFIED ORGANIC

GINGER

✓ CERTIFIED ORGANIC

MANGOES

✓ CERTIFIED ORGANIC



99¢
LB
2.18KG

Product of Costa Rica



4.99
LB
11KG

Product of Peru



3 FOR \$5
OR \$2.00 EACH

Product of Mexico

SEACORE BC ROCKFISH "PACIFIC SNAPPER" FILLETS

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



10.99
LB
24.23KG

SEACORE COHO SALMON FILLETS

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



15.99
LB
35.25KG

BERETTA FARMS QUEBEC SKINLESS BONELESS CHICKEN BREASTS

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



11.99
LB
26.43KG

DUBRETON ONTARIO RUSTIC PORK BACK RIBS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC &
HORMONE-FREE
- ✓ CERTIFIED HUMANE
- ✓ FAMILY FARM RAISED



10.99
LB
24.23KG

BERETTA FARMS ALBERTA BISON STEWING CUBES

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



12.99
LB
28.64KG

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PRANA OVERNIGHT CHIA

- ✓ CERTIFIED ORGANIC
- ✓ PLANT-BASED

5⁹⁹



5 x 50 g



MINOR FIGURES BARISTA OAT BEVERAGE

- ✓ CERTIFIED ORGANIC
- ✓ PLANT-BASED

5⁹⁹



946 mL

CRANK COFFEE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ FAIR TRADE CERTIFIED

11⁹⁹



340 g



GENUINE TEA CO TEA

- ✓ LOCAL
- ✓ BIODEGRADABLE
- ✓ ORGANIC, FAIR TRADE & NATURAL VARIETIES

7⁹⁹



15 ct



CAMINO HOT CHOCOLATE MIX

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ FAIR TRADE CERTIFIED
- ✓ GLUTEN-FREE

9⁹⁹



275 g - 336 g



NATURE'S PATH ECO PACK CEREAL

- ✓ CERTIFIED ORGANIC

10⁹⁹



650 g - 907 g



NORA SEAWEED SNACKS

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

2 FOR \$10



32 g

PURPLEFUL POPCORN

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

2 FOR \$9

MIX & MATCH



136 g



HOLY NAPOLI PIZZA

- ✓ ALL-NATURAL

10⁹⁹



365 g - 425 g



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**QUEEN ST
BAKERY
BAGELS**

✓ LOCAL

464 g

5⁹⁹
SAVE \$2



WE LOVE
Local



LOCALLY MADE IN
**TORONTO,
ONTARIO**

After watching his mom and his wife struggle to find decent gluten-free bread for many years, Gio made it his mission to craft the finest tasting and most nutritious loaf around. Over time, he carefully tested different recipes until he finally achieved the gluten-free perfection he was looking for: a blend of 7 different superfoods that's high in both omega 3s and protein. Fast forward a year, and with the help of his best friend Tony, Queen St Bakery was born. Still lovingly produced in Toronto, these bagels are the gluten-free truth: dense but fluffy and just waiting to be slathered with a little lox and schmear. Try some today and find out just how good a gluten-free breakfast can be!

**SOBER CARPENTER
NON ALCOHOLIC BEER &
CIDER**

✓ VEGAN



3 FOR \$8

**KETTLE BRAND
POTATO CHIPS**

✓ NON-GMO PROJECT
VERIFIED
✓ GLUTEN-FREE



2 FOR \$8

**FLOW
WATER**

✓ LOCAL
✓ NATURALLY ALKALINE



2 FOR \$6

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LUNDBERG LONG OR SHORT GRAIN BROWN RICE

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



8⁹⁹

RXBAR PROTEIN BARS

- ✓ GLUTEN-FREE



2 FOR \$6
MIX & MATCH

BOB'S RED MILL NUTRITIONAL YEAST

- ✓ GLUTEN-FREE



7⁹⁹

GOOD VIBES JUICE CO WELLNESS SHOTS

- ✓ LOCAL
- ✓ MADE WITH ORGANIC INGREDIENTS
- ✓ GLUTEN-FREE
- ✓ PLANT-BASED



2 FOR \$7

CALIFIA ALMOND BEVERAGE

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



5⁹⁹

YOGGU! CULTURED COCONUT YOGURT

- ✓ PLANT-BASED
- ✓ GLUTEN-FREE



7⁹⁹



SO YAM GOOD

SAVOURY FROZEN PIES

- ✓ CHICKEN, STEAK AND MUSHROOM, SALMON AND TOURTIERE
- ✓ MADE IN-HOUSE
- ✓ ORGANIC INGREDIENTS



16⁹⁹

750 - 850 G

SHEPHERD'S PIE

- ✓ ANTIBIOTIC & HORMONE-FREE BEEF
- ✓ MADE IN-HOUSE
- ✓ ORGANIC VEGETABLES



12⁹⁹

600 G

LEMON CRANBERRY LOAF

- ✓ MADE IN-HOUSE DAILY
- ✓ ORGANIC INGREDIENTS



5⁹⁹

600 G

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SPREAD'EM KITCHEN CASHEW CHEEZE BLOCKS

- ✓ NON-GMO
- ✓ GLUTEN-FREE

200 g

7⁹⁹

SAVE \$2



WE LOVE
Local



It all started in our friend Melissa's kitchen as a weekend farmer's market side-hustle so she could make some extra cash and take some time off to figure out what she really wanted to do with her life. She knew she wanted to be contributing to something meaningful. Little did she know her dream job was so close she could literally taste it. You can instantly taste the difference in her outstanding, world class cheeses and dips. Using zero fillers, starches, emulsifiers, flavourings, or anything else that tries to convince you that you're actually eating dairy, her products use only pure, wholesome ingredients with incredible flavour combinations. If you haven't tried any of her next level cashew cheese yet you're seriously missing out. Even the most ardent, die-hard dairy-based cheese lovers on our team have fallen in love with these absolutely delightful creations.

L'ANCETRE BUTTER

- ✓ CERTIFIED ORGANIC

12⁹⁹



454 g



MAISON RIVIERA CREAM CHEESE

- ✓ MADE W/ CANADIAN CREAM

3⁹⁹



240 g



L'ANCETRE SLICED CHEESE

- ✓ CERTIFIED ORGANIC

6⁹⁹



180 g



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JAN 24 - JAN 30, 2025

GUNN'S HILL SMOKED FIVE BROTHERS

Creamy and smooth with a strong smokey flavour

6⁵⁹
100G
65.90/KG



Product of Ontario

FROMAGERIE DU PRESBYTERE LOUIS D'OR

A Raw milk cheese produced with milk from the Louis D'or farm, this gorgeous cheese is creamy with a sweet nutty finish a great example of an alpine style cheese

9⁹⁹



150g • Product of Quebec

SANTA LUCIA PIZZA MOZZARELLA

Perfect for Pizza night! A great all purpose Mozzarella

2⁵⁹
100G
25.90/KG



Product of Ontario

LA FROMAGEIRE DE LA TABLE RONDE RASSEMBLEU

Mild and earthy with an unctuous sticky texture. Flavours of fresh mushrooms with a caramely finish

8⁹⁹
100G
89.90/KG



Product of Quebec

IN-STORE Events

108 Vine

– FRIDAY 11-3PM –
JANUARY 24TH

Sweet Potato Kitchen
**SHEPHERD'S
PIE**

– SUNDAY 11-3PM –
FEBRUARY 2ND

Sunflower Kitchen
**SOUPS &
CHILIS**

– FRIDAY 11-3PM –
FEBRUARY 7TH

Beretta Farms
**PULLED PORK &
CHICKEN POT PIE**

INTRODUCING!



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

