

THE SWEET POTATO

Bringing healthy food to everyone!

DEC 12 - DEC 18, 2025

BUY CANADIAN

DEL FRESCO TOMATOES ON THE VINE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

2⁹⁹
LB
6.59

Product of Ontario

PFENNING'S ORGANIC FARM POTATOES - YELLOW, RED OR RUSSET

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

5⁹⁹

5lb Bag • Product of Ontario

ALGOMA ORCHARDS APPLES - GALA, AMBROSIA, OR RED DELICIOUS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

5⁹⁹

2.2 lb Bag • Product of Ontario

ALGOMA ORCHARDS APPLES - HONEYCRISP OR GRANNY SMITH

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

7⁹⁹

2.2 lb Bag • Product of Ontario

PRAIRIE FAMILY FARMS ALBERTA BEEF BLADE ROASTS AND STEAKS

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

13⁹⁹
LB
30.84 KG

Product of Alberta

DUBRETON ONTARIO PORK BACON

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ FREE-RUN
- ✓ CERTIFIED HUMANE
- ✓ FAMILY FARM RAISED

11⁹⁹

SAVE \$4

250 g • Product of Ontario

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GREEN BEANS

✓ CERTIFIED ORGANIC



3⁹⁹

340 g Clam • Product of Mexico

PFENNING'S ORGANIC FARM WHITE ONIONS

✓ LOCAL
✓ CERTIFIED ORGANIC



1⁴⁹
LB
3.28

Product of Ontario

THE PACKING HOUSE ONTARIO CHICKEN BREAST CUTLETS

✓ LOCAL
✓ ALL-NATURAL
✓ ANTIBIOTIC &
HORMONE-FREE
✓ NON-GMO
✓ AIR-CHILLED
✓ FAMILY FARM RAISED
& FREE RUN

11⁹⁹
LB
26.43 KG

Product of Ontario

DUBRETON ONTARIO BONELESS PORK TOP SIRLOIN CHOPS

✓ LOCAL
✓ CERTIFIED ORGANIC
✓ FREE-RUN
✓ CERTIFIED HUMANE
✓ FAMILY FARM RAISED



8⁹⁹
LB
19.82 KG

Product of Ontario

SEACORE ICELANDIC ARCTIC CHAR FILLETS

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



22⁹⁹
LB
50.68 KG

SAVE \$2/LB

Product of Iceland

SEACORE ICELANDIC HADDOCK FILLETS

✓ ALL-NATURAL
✓ WILD CAUGHT
✓ OCEAN WISE
RECOMMENDED
✓ SUSTAINABLE
✓ MSC



23⁹⁹
LB
52.89 KG

Product of Iceland

SAUSAGE OF THE WEEK

NEW!

FRENCH ONION SOUP BEEF SAUSAGE

CLASSIC FLAVOURS, NEW SAUSAGE

\$12.99/LB (\$28.64/KG)

SAVE \$3/LB!



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NUTS TO YOU ALMOND BUTTER

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE

14⁹⁹



735 g

PHOEAPOLIS EXTRA VIRGIN OLIVE OIL

- ✓ ORGANIC

12⁹⁹

SAVE \$6

SAVE
SAVE
SAVE



500 mL

HUMBLE POTATO CHIPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

2 FOR \$8

MIX & MATCH



135 g

CWENCH SPORTS HYDRATION DRINK

- ✓ SUGAR-FREE

3 FOR \$8

MIX & MATCH



500 mL

CHA'S ORGANICS COCONUT MILK

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

3 FOR \$10



400 mL - 405 mL • Premium Variety Only

ZAZUBEAN CHOCOLATE BARS

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

6⁹⁹



80 g - 85 g • Seasonal Bars Excluded

MAISON ORPHÉE GRAPESEED OIL

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

16⁹⁹

SAVE \$5



750 mL

LOVE CHILD BABY FOOD POUCHES

- ✓ ORGANIC
- ✓ GLUTEN-FREE

MIX & MATCH



128 mL

Holiday PRE-ORDER

YOUR ORGANIC WHOLE TURKEY FROM US!



PRE-ORDER YOUR WHOLE, ORGANIC TURKEY

FRESH

\$5.99/LB

\$50 deposit required

Book in person at
108 Vine

or by phone at
(416) 762-4848

FROZEN

\$4.99/LB

\$40 deposit required

orders start: November 28

pick-up: December 18 to December 24

ORDERING OPENS NOVEMBER 28TH



Holiday Feast



CHEF-PREPARED FOR YOU IN THE SWEET POTATO KITCHEN



EARLY BIRD ENDS
DECEMBER 10

ORDERING ENDS
DECEMBER 18

PICKUP DECEMBER 22-24

THE SWEET POTATO



FEAST FOR 2 FEAST FOR 5

\$79.99 \$189.99

THE SWEET POTATO

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Local SPOTLIGHT

NON-ALCOHOLIC BEER

Great beer needs quality ingredients. That's why all of Harmon's recipes use certified organic ingredients. The result is a core line-up that satisfies a wide range of tastes and offers non-alc brews the quality you want in a beer – but without the buzz.

- 4 X 355ML

9⁹⁹



LOCALLY MADE LONDON ONTARIO

ROB DOYLE & STEVE ABRAMS



Mill Street Brewery co-founder Steve Abrams & Brewmaster Rob Doyle, created Harmon's (named after Steve's late mother Lois Harmon Abrams) with the mission to brew delicious non-alcoholic craft beer. Drawing on over 40+ combined years of industry experience, they've adapted and updated methods used by generations of small brewers to create an innovative way of making non-alcoholic beer.



SO YAM GOOD

MAC AND CHEESE

- ✓ MADE IN-HOUSE
- ✓ VEGETARIAN
- ✓ PRESERVATIVE-FREE

ALL BUTTER FROZEN PIE CRUSTS

- ✓ MADE IN-HOUSE

FROZEN SPK STOCKS

- ✓ ANTIBIOTIC & HORMONE-FREE MEAT
- ✓ MADE IN-HOUSE



7⁹⁹
OR
14⁹⁹

SAVE \$3 / \$5

600 g/1200 g • Fresh or Frozen



2 FOR \$15
SAVE \$3

2x180 g



9⁹⁹

SAVE \$2

950 mL

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DUMET OLIVES

✓ ORGANIC



2 FOR \$10

375 mL

SCHÄR ENTERTAINMENT CRACKERS

✓ NON-GMO
✓ GLUTEN-FREE



2 FOR \$10

175 g

CANADIAN HERITAGE MAPLE SYRUP

✓ ORGANIC



17⁹⁹

500 mL

KIND GRANOLA

✓ NON-GMO
✓ GLUTEN-FREE



6⁹⁹

312g

NAVITAS CACAO POWDER

✓ ORGANIC
✓ FAIR TRADE CERTIFIED
✓ RAW



13⁹⁹

227 g

WHOLESOME GOLDEN SUGAR

✓ ORGANIC
✓ FAIR TRADE CERTIFIED



8⁹⁹

907g

SIMPLY ORGANIC VANILLA EXTRACT

✓ ORGANIC
✓ GLUTEN-FREE



14⁹⁹

59 mL

FARMER'S MARKET PUMPKIN PUREE

✓ ORGANIC
✓ GLUTEN-FREE



2 FOR \$10

398 mL

YUM EARTH LOLLIPOPS

✓ ORGANIC
✓ GLUTEN-FREE
✓ NUT-FREE



13⁹⁹

248g



Plant-Based SPOTLIGHT

ALMOND FLOUR

Ground from whole, blanched almonds, this almond flour is packed with vitamins and adds a rich, unique flavour to gluten-free baking. Using almond flour is an excellent way to reduce carbohydrates in baking as well as replace gluten in your diet

- 454 G
- GLUTEN FREE

14⁹⁹



LOCALLY MADE
ORANGEVILLE
ONTARIO

KASIA PILLING

In 2013, Kasia began dabbling in Gluten-Free baking. To her surprise, local companies became interested in her cakes. A few years later, Kasia decided that being a gluten free company was her priority. Now, her mission is to provide fabulous baking ingredients that are safe for people with Celiac and gluten sensitivity to use and enjoy.

L'ANCÊTRE BUTTER

- ✓ ORGANIC



11⁹⁹

454 g

EARTH'S OWN OAT BEVERAGE

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



2 FOR \$10

1.75 L

ORGANIC MEADOW ICE CREAM

- ✓ LOCAL
- ✓ ORGANIC



9⁹⁹

946 mL

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RISE KOMBUCHA

- ✓ ORGANIC
- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



1 L

8⁹⁹



LA CHAUDIÈRE BINGO! CHEESE STICKS

- ✓ ORGANIC



168 g

8⁹⁹



TOFURKY ROAST & WILD RICE STUFFING

- ✓ NON-GMO PROJECT VERIFIED
- ✓ VEGAN



736 g

18⁹⁹

SAVE \$5

DRIED APRICOTS

- ✓ CERTIFIED ORGANIC



2²⁹
100 G
22.90 KG

Product of Türkiye

OUR BULK
DEPARTMENT IS
friendlier
REUSABLE
PACKAGING
MADE EASY!



SIMPLY BUY*, SCAN,
AND RETURN



REUSE RETURN

*a refundable deposit of 50¢
will be applied to each purchase

LEARN MORE AT FRIENDLIER.CA

GREEN LENTILS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



79¢
100 G
7.90 KG

Product of Ontario



RED KIDNEY BEANS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



49¢
100 G
4.90 KG

Product of Ontario



TRI-COLOUR QUINOA

- ✓ CERTIFIED ORGANIC



1¹⁹
100 G
11.99 KG

Product of Bolivia

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BOTHWELL MUENSTER

Bothwell Muenster is a mild, buttery, and creamy semi-soft cheese with a smooth texture and a distinct orange rind. It is known for its excellent melting properties and versatile flavor profile, which makes it a crowd-pleaser for various dishes.



8⁴⁹

SAVE \$1

170 g • Product of Manitoba

KRINOS ORGANIC FETA

Organic
This cheese is rich in flavour and has a firm texture, making it an excellent addition to every recipe. Low in cholesterol. Low in saturated fat. Gluten and sulphite free.



6²⁹

100 G
62.90 KG

SAVE \$5

150 g • Product of Canada

ALBERT'S LEAP OXFORD STREET

Local
Albert's Leap Oxford Street is a Buffalo Gouda with a taste that is slightly sweet, creamy, and with delicate floral hints. It has a shiny orange-coated exterior and a firm, slightly elastic, white to off-white interior.



6⁴⁹

SAVE \$1.50

Product of Ontario

CROSSWIND FARM MAGGIE SMOKED GOAT GOUDA

Local
Experience the best of the farm with this smoked goat Gouda. Crafted with care, it delivers a delicate balance of sweet and nutty flavours, accented by a light casual farmhouse smoke. It's satisfyingly squeaky texture makes it a memorable and versatile addition to any cheeseboard.



12⁹⁹

SAVE \$2.50

200 g • Product of Ontario



FRESH SUSHI AND MAKI MADE DAILY • OCEANWISE CERTIFIED FISH

• NATURAL AND ORGANIC INGREDIENTS • PLANT-BASED OPTIONS

• FAMILY-OWNED SMALL BUSINESS



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Monday

ROTISSERIE CHICKEN + 2 READY-TO-HEAT SIDES OR SMALL DELI SALADS

- ✓ HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS

19⁹⁹

ADD GRAVY \$2



Tuesday

SPK FROZEN PIZZAS

- ✓ 3 VARIETIES
- ✓ FAMILY FAVOURITE!

2 FOR \$24



Wednesday

SALAD BOWLS

- ✓ 6 VARIETIES
- ✓ PLANT-BASED OPTIONS

8⁹⁹



SO YAM GOOD

Healthy Meal Deals

At The Sweet Potato we're all about healthy convenience. That's why we've put together these delicious, inflation busting meal deals so you and your family can eat well every week night.

Thursday

READY-TO-HEAT SOUPS

- ✓ ALL 950ML SPK SOUPS
- ✓ MADE IN HOUSE
- ✓ ORGANIC VEGETABLES
- ✓ ABF PROTEINS

9⁹⁹ OR 11⁹⁹



Friday

PIES & TARTS

- ✓ ALL SPK PIES (SWEET, SAVOURY, FROZEN, & FRESH!)
- ✓ MADE IN HOUSE

\$3 OFF



Everyday

DELI SALADS

\$3-4 OFF

- ✓ ALL SMALL DELI SALADS 2 FOR \$11
- ✓ ALL LARGE DELI SALADS 2 FOR \$20

