THE SWEET POTATO Bringing healthy food to everyone!

BUY CANADIAN

BLACK FRIDAY BLA BLACK FRIDA. BLACI

SAVE ON CANADIAN PRODUCE THIS BLACK FRIDAY

PFENNING'S ORGANIC FARM ZEPHYR ORGANICS BLACK KALE **BLACK RADISH** LOCAL & ORGANIC LOCAL & ORGANIC



FRIDAY • BLACK FRIDÄY • BLACK BLACK FRIDÄY • BLACK FRIDAY





HONEYNUT SOUASH

- **✓** LOCAL
- ✓ CERTIFIED ORGANIC

PFENNING'S ORGANIC FARM RED BEETS

- **✓** LOCAL
- **✓** CERTIFIED ORGANIC

SUNSET FARMS GRAPE TOMATOES

- **✓** LOCAL
- **✓** CERTIFIED ORGANIC







NATURE'S FIRST FRUIT BARTLETT PEARS

✓ CERTIFIED ORGANIC





PRAIRIE RANCHER FARMS ALBERTA BEEF SIRLOIN TIP STEAKS

- **✓** ALL-NATURAL
- ✓ 100% GRASS-FED
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED
- ✓ SUSTAINABLY RAISED

 ✓ FAMILY FARM RAISED



THE PACKING HOUSE ONTARIO SKINLESS BONELESS CHICKEN BREASTS

- ✓ LOCAL
- **✓** ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ AIR-CHILLED
- ✓ SUSTAINABLY RAISED
- ✓ FAMILY FARM RAISED

1199 LB 26.43 KG SAPE SEADS Product of Ontario

ONTARIO PORK BLADE CHOPS AND ROASTS

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

10 99
LB
24.23 KG

Product of Ontario

THE SWEET POTATO

Bringing healthy food to everyone!



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



COLE MUNRO ONTARIO RAINBOW TROUT FILLETS

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



OCEAN'S FLAKED OR SOLID WHITE TUNA

✓ OCEANWISE CERTIFIED, DOLPHIN SAFE



ACROPOLIS OLIVES

✓ ORGANIC
✓ GLUTEN-FREE







CHA'S TRUE GROUND CINNAMON

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



NUTS TO YOU RAINFOREST BUTTER

- ✓ LOCAL
- ✓ NON-GMO
- **✓** GLUTEN-FREE

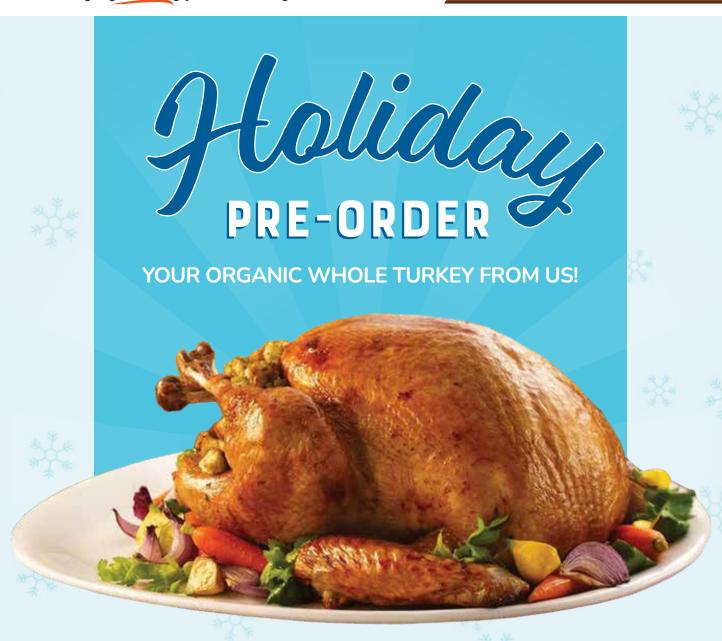


PRANA BEAN ME UP SNACK MIXES

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







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

THE SWEET POTATO





EARLY BIRD ENDS ORDERING ENDS DECEMBER 10 DECEMBER 18

PICKUP DECEMBER 22-24

THE SWEET POTATO

FEAST FOR 2 FEAST FOR 5

\$79.99 \$189.99







BONE BROTH

Experience the delectable blend of beef bone broth slowly simmered for 24 hours and crafted with 100% grassfed bones and organic vegetables. Nourish your body and awaken your taste buds with this revitalizing elixir, sourced from local Canadian farms.

- 500 ML
- ORGANIC OR GRASS **FED VARIETIES**

LOCALLY MADE TORONTO **ONTARIO**



TIM SOTOADEH



By the time Tim was 20 years old, he had a laundry list of foods he could or could not eat based on how they made his gut feel. This led him to a deep dive into food and nutrition where he discovered the benefits of bone broth. After he made his first batch of bone broth, he was hooked. Tim started drinking two cups a day and, most importantly, feeling the differences in his gut, mood, and energy. In 2015, he decided he needed to share the benefits of bone broth with the world and founded Broya.

GROUND CHICKEN STUFFED PEPPERS

- **ANTIBIOTIC & HORMONE-**FREE CHICKEN
- ORGANIC **VEGETABLES**



- **✓** LOCAL
- ✓ ORGANIC INGREDIENTS
- ✓ MADE IN-HOUSE
- **✓ PLANT-BASED**

FROZEN SPK ENTREES

- ✓ ANTIBIOTIC & **HORMONE-FREE MEAT**
- ✓ PLANT-BASED OPTIONS
- ✓ MADE IN-HOUSE







ONE DEGREE OATS

- **✓** ORGANIC
- **✓** GLUTEN-FREE

✓ GLYPHOSATE FREE

POPTASTIC POPCORN

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



MAISON ORPHÉE EXTRA VIRGIN OLIVE OIL

- **✓** ORGANIC
- **✓** GLUTEN-FREE



CHOCXO NUT BUTTER CUPS

✓ ORGANIC
✓ GLUTEN-FREE



HUMBLE RUMBLES CHIPS

- ✓ LOCAL
- **✓** ORGANIC



JUSTIN'S NUT BUTTER CUPS

- **✓** ORGANIC
- ✓ GLUTEN-FREE



ELMHURST NON DAIRY BEVERAGES

- ✓ NON-GMO PROJECT VERIFIED
- **✓** GLUTEN-FREE
- ✓ PLANT-BASED
 ✓ CARAGEENAN FREE
- 799
 MILKED
 ALMONDS

 138

 946 mL

ENJOY LIFE BAKING CHIPS

- ✓ NON-GMO PROJECT VERIFIED
- **✓** GLUTEN-FREE
- **✓** NUT-FREE
- ✓ DAIRY FREE



255 g

GOBIO! BOUILLON CUBES

- **✓** ORGANIC
- **✓** GLUTEN-FREE





mindfulFUD**



BEEMINDFUL HUNNIE

This delightful and innovative Hunnie is crafted entirely from rescued apples, not bees. It offers the luscious consistency and delightful taste of traditional honey, but with an up-cycled plant-based twist.

- 460 G
- ORGANIC
- PLANT-BASED









VENESSA STONEHOUSE AND JAKE CUBRIC

When Venessa switched to a plant-based lifestyle, she realized that sweetness doesn't have to come at the cost of our planet or its creatures. Partenering with Jake, she founded Mindful FÜD. After a devastating arson fire sparked a surge of community support, Mindful FÜD became a testament to the power of resilience, hope, and community

ALTER ECO CHOCOLATE BARS

- **✓** ORGANIC
- ✓ FAIR TRADE CERTIFIED
- ✓ FAIR TRADE C



BIOITALIA PASTA

✓ ORGANIC



AMY'S SOUP

✓ ORGANIC







KEFIRKULT COCONUT KEFIR

- **✓** LOCAL
- ✓ NON-GMO PROJECT VERIFIED
- **✓** SOY-FREE
- **✓** VEGAN

















CARBONAUT BREAD

- ✓ NON-GMO PROJECT VERIFIED
- **✓** KETO CERTIFIED
- **✓** VEGAN



TOFURKY LIGHTLY SEASONED CHICK'N

- ✓ NON-GMO PROJECT VERIFIED
- **✓** VEGAN



AMY'S PIZZA

✓ MADE WITH ORGANIC INGREDIENTS



340 g - 397 g

SANTA LUCIA RICOTTA

Loca



BEEMSTERCLASSIC GOUDA

tallization, a deep ochre interior, notes of toasted walnuts, and a brown-butter finish equal perfection!



CROSSWIND FARM SUNDRIED TOMATO AND BASIL FETA

Loca

The same mild, creamy and mouth-watering feta, only flavoured with sundried tomatoes and basil.







FRESH SUSHI AND MAKI MADE DAILY · OCEANWISE CERTIFIED FISH
· NATURAL AND ORGANIC INGREDIENTS · PLANT-BASED OPTIONS
· FAMILY-OWNED SMALL BUSINESS







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

✓ HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS







SALAD BOWLS

- **✓** 6 VARIETIES
- **✓ PLANT-BASED OPTIONS**





Thursday

READY-TO-HEAT SOUPS

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



riday

PIES & TARTS

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

veryday

DELI SALADS

ALL SMALL DELI SALADS 2 FOR \$11

ALL LARGE DELI SALADS 2 FOR \$20

