

# THE SWEET POTATO

Bringing healthy food to everyone!

DEC 5 - DEC 11, 2025

BUY CANADIAN

## ALGOMA ORCHARDS APPLES - GALA, AMBROSIA, OR RED DELICIOUS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

5<sup>99</sup>

2.2 lb • Product of Ontario

## ALGOMA ORCHARDS APPLES - HONEYCRISP OR GRANNY SMITH

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

7<sup>99</sup>

2.2 lb • Product of Ontario

## ENS POULTRY FARMS ONTARIO WHOLE CHICKENS

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

15<sup>99</sup>

Product of Ontario

## BISON DU NORD ONTARIO LEAN GROUND BISON

NEW!

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ 100% GRASS-FED
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED
- ✓ AGW CERTIFIED, FAMILY FARM RAISED

15<sup>99</sup>  
LB  
35.25 KG

SAVE \$3/LB

Product of Ontario

## NUTS TO YOU ALMOND BUTTER

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE

14<sup>99</sup>

735g

## PHOEAPOLIS EXTRA VIRGIN OLIVE OIL

- ✓ ORGANIC

12<sup>99</sup>

SAVE \$6

500 mL

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## LEMONS

✓ CERTIFIED ORGANIC



4<sup>99</sup>

2 lb • Product of California

## ZEPHYR ORGANICS PIE PUMPKINS

✓ LOCAL  
✓ CERTIFIED ORGANIC



1<sup>49</sup>  
LB  
3.28 KG

Product of Ontario

## PFENNING'S ORGANIC FARM RED BEETS

✓ LOCAL  
✓ CERTIFIED ORGANIC



1<sup>79</sup>  
LB  
3.95 KG

Product of Ontario

## ZEPHYR ORGANICS NAPPA OR SAVOY CABBAGE

✓ LOCAL  
✓ CERTIFIED ORGANIC



1<sup>29</sup>  
LB  
2.84 KG

Product of Ontario

## BERETTA FARMS ALBERTA BEEF PETITE TENDERS

✓ CERTIFIED ORGANIC  
✓ 100% TRACEABLE  
AND SUSTAINABLE  
✓ HUMANELY RAISED



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

Product of Alberta

## DUBRETON ONTARIO PORK CENTRE CUT CHOPS, BONE-IN

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



9<sup>99</sup>  
LB  
22.02 KG

Product of Ontario

## SAUSAGE OF THE WEEK

### CUMBERLAND PORK SAUSAGE

\$6.99/LB (\$15.41/KG)

The Cumberland originated from the Cumbria area of Northern England roughly 500 years ago. Traditionally, local herbs like sage and thyme were combined with “exotic” spices like cinnamon, nutmeg and cayenne for a flavourful punch. Over time, the heavy use of these spices has diminished for a more subtle flavour with herbaceous undertones with a sweet kick that everyone can enjoy.

We invite you to give our version a try!



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## SEACORE BRITISH COLUMBIA CHINOOK SALMON FILLETS

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



Product of British Columbia

## SEACORE ICELANDIC COD FILLETS

- ✓ ALL-NATURAL
- ✓ OCEAN WISE RECOMMENDED
- ✓ WILD CAUGHT
- ✓ FRESH, NEVER FROZEN
- ✓ MSC



Product of Iceland

## HUMBLE POTATO CHIPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



135 g

## CWENCH SPORTS HYDRATION DRINK

- ✓ SUGAR-FREE



500 mL

## CHA'S ORGANICS COCONUT MILK

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



400 mL - 405 mL • Premium Variety Only

## ZAZUBEAN CHOCOLATE BARS

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



80 g - 85 g • Seasonal Bars Excluded

## MAISON ORPHÉE GRAPESEED OIL

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



750 mL

## LOVE CHILD BABY FOOD POUCHES

- ✓ ORGANIC
- ✓ GLUTEN-FREE



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



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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

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## 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

9<sup>99</sup>



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



600 g/1200 g • Fresh or Frozen



2 FOR \$15  
SAVE \$3

2x180 g



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



17<sup>99</sup>

500 mL

## KIND GRANOLA

✓ NON-GMO  
✓ GLUTEN-FREE



6<sup>99</sup>

312g

## NAVITAS CACAO POWDER

✓ ORGANIC  
✓ FAIR TRADE CERTIFIED  
✓ RAW



13<sup>99</sup>

227 g

## WHOLESOME GOLDEN SUGAR

✓ ORGANIC  
✓ FAIR TRADE CERTIFIED



8<sup>99</sup>

907g

## SIMPLY ORGANIC VANILLA EXTRACT

✓ ORGANIC  
✓ GLUTEN-FREE



14<sup>99</sup>

59 mL

## FARMER'S MARKET PUMPKIN PUREE

✓ ORGANIC  
✓ GLUTEN-FREE



2 FOR \$10

398 mL

## YUM EARTH LOLLIPOPS

✓ ORGANIC  
✓ GLUTEN-FREE  
✓ NUT-FREE



13<sup>99</sup>

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

14<sup>99</sup>



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



454 g

EARTH'S OWN OAT BEVERAGE

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



1.75 L

ORGANIC MEADOW ICE CREAM

- ✓ LOCAL
- ✓ ORGANIC



946 mL



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## RISE KOMBUCHA

- ✓ ORGANIC
- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



1 L

8<sup>99</sup>



## LA CHAUDIÈRE BINGO! CHEESE STICKS

- ✓ ORGANIC



168 g

8<sup>99</sup>



## TOFURKY ROAST & WILD RICE STUFFING

- ✓ NON-GMO PROJECT VERIFIED
- ✓ VEGAN



736 g

18<sup>99</sup>

SAVE \$5

## DRIED APRICOTS

- ✓ CERTIFIED ORGANIC



2<sup>29</sup>  
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



1<sup>19</sup>  
100 G  
11.99 KG

Product of Bolivia



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## BOTHWELL MUESTER

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.



8<sup>49</sup>

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.



6<sup>29</sup>

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.



6<sup>49</sup>

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.



12<sup>99</sup>

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





Monday

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

- ✓ HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS

19<sup>99</sup>

ADD GRAVY \$2



Tuesday

SPK FROZEN PIZZAS

- ✓ 3 VARIETIES
- ✓ FAMILY FAVOURITE!

2 FOR \$24



Wednesday

SALAD BOWLS

- ✓ 6 VARIETIES
- ✓ PLANT-BASED OPTIONS

8<sup>99</sup>



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

9<sup>99</sup> OR 11<sup>99</sup>



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

