

# THE SWEET POTATO

Bringing healthy food to everyone!

JAN 16 - JAN 22, 2026

BUY CANADIAN

## BULK IS Back!



1. BRING IN YOUR CLEAN CONTAINERS 2. ASK A CASHIER TO TARE THEM 3. FILL 4. WRITE DOWN THE PLU CODE

### PFENNING'S ORGANIC FARM POTATOES 5LB BAGS - RED, RUSSET OR YELLOW

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

### PFENNING'S ORGANIC FARM RED CABBAGE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



2.27 kg • Product of Ontario



Product of Ontario

### BERETTA FARMS ALBERTA BEEF STRIPLOIN STEAKS

- ✓ CERTIFIED ORGANIC
- ✓ FAMILY FARM  
RAISED
- ✓ HUMANELY RAISED

### BERETTA FARMS ONTARIO THICK CUT PORK BACON

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



Product of Alberta



300 g • Product of Ontario

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## KIWI

✓ CERTIFIED ORGANIC



5<sup>99</sup>

454 g • Product of Italy

## LEMONS 2LB BAGS

✓ CERTIFIED ORGANIC



5<sup>99</sup>

908 g • Product of California

## KALE - GREEN OR BLACK

✓ CERTIFIED ORGANIC



2<sup>49</sup>

Product of California

## ICEBERG LETTUCE

✓ CERTIFIED ORGANIC



2<sup>49</sup>

Product of California

## PRAIRIE FAMILY FARMS ALBERTA GRASS FED BEEF TRI TIP STEAKS & ROASTS

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



17<sup>99</sup>  
LB  
39.66 KG

SAVE \$4/LB

Product of Alberta

## THE PACKING HOUSE ONTARIO SKINLESS BONELESS CHICKEN BREASTS

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



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

Product of Ontario

## SEACORE BRAZILIAN TILAPIA FILLETS - PLAIN AND MARINATED

- ✓ ALL-NATURAL
- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLY RAISED
- ✓ OCEAN WISE RECOMMENDED



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

SAVE \$2/LB

Product of Brazil

## COLE MUNRO ONTARIO RAINBOW TROUT FILLETS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ FRESH, NEVER FROZEN
- ✓ OCEAN WISE RECOMMENDED
- ✓ BAP



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

Product of Ontario



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SAUSAGE OF THE WEEK

## CAJUN PORK SAUSAGE

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



### PRANA GRANOLOVE GRANOLA

- ✓ ORGANIC
- ✓ VEGAN



2 FOR \$8

300 g

### MANITOBA HARVEST HEMP HEARTS

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



6<sup>99</sup>

227 g

### CRANK COFFEE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED



14<sup>99</sup>

340 g

### NUTS TO YOU PEANUT BUTTER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



8<sup>99</sup>

750 g

### AËLO MOCKTAILS

- ✓ GLUTEN-FREE
- ✓ VEGAN



13<sup>99</sup>

4 x 355 mL

### ELMHURST NON DAIRY BEVERAGES

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



7<sup>99</sup>

946 mL

### BOB'S RED MILL ROLLED OATS

- ✓ ORGANIC
- ✓ GLUTEN-FREE



11<sup>99</sup>

794 g - 907 g

### BLACK RIVER BLACK OR TART CHERRY JUICE

- ✓ LOCAL
- ✓ MADE W/ONTARIO CHERRIES



8<sup>99</sup>

1 L

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## ORGANIC CANNED BEANS

Cullen’s Beans have joined the Yorkshire Valley Farms family!

Cullen’s canned beans are produced without any sodium, colourants, or preservatives. Every can is BPA non-intent (“BPA-NI”), meaning bisphe-nol-A was not intentionally added during any stage in the manufacturing process.

- 540 ML

3 FOR \$10  
MIX & MATCH



## LOCALLY MADE ONTARIO

### YORKSHIRE VALLEY FARMS

Yorkshire Valley Farms supports almost 14,000 acres of land being stewarded under organic practices, leading to healthier, more nutri-ent-rich soil and ultimately healthier, more resilient plants that produce the food we eat.



## SO YAM GOOD

BUY BUTTER CHICKEN OR CHANA MASALA AND GET FREE BROWN OR WHITE RICE

- ✓ ANTIBIOTIC & HORMONE-FREE CHICKEN
- ✓ PLANT-BASED OPTIONS
- ✓ PRESERVATIVE-FREE

14<sup>99</sup> OR 11<sup>99</sup>  
SAVE \$4



420g/320g • Fresh or Frozen Entrées

### HOUSE MUESLI OR GRANOLA

- ✓ PLANT-BASED
- ✓ MADE IN-HOUSE
- ✓ PRESERVATIVE-FREE

2 FOR \$10  
OR 5.99 EACH  
SAVE \$4



250g/300g

### SMALL SOUP AND WRAP COMBO

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

\$14  
SAVE \$4



Various • Does not include breakfast burrito



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## NORA CRISPY SEAWEED SNACKS

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



28g - 32 g

## SKINNY POP POPCORN

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



125 g - 150 g

## FREEYUMM COOKIES

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



7 x 22 g



## NAVITAS CACAO POWDER

- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED
- ✓ RAW
- ✓ VEGAN



454 g

## GNUBEES KIDS FRUIT SHAKE

- ✓ NUT-FREE
- ✓ GLUTEN-FREE



190 mL



## KETTLE BRAND KETTLE CHIPS

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



156 g - 198g

## CHOSEN FOODS AVOCADO OIL MAYO

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



355 mL

## AMY'S SOUP

- ✓ CERTIFIED ORGANIC



398 mL

## YOGI TEA

- ✓ ORGANIC



16 ct

PLANTUP

Plant-Based  
SPOTLIGHT

FUNCTIONAL  
SNACKS: PUFFS

Did you know: more than 80% of what's in these puffs is just Canadian fava beans? These plant-based snacks are high in protein and fibre, making them a healthy alternative to chips that you can enjoy anytime!

- 100 G
- NON-GMO
- GLUTEN FREE

LOCALLY  
MADE  
OAKVILLE  
ONTARIO

2 FOR \$7  
MIX & MATCH



AAMIR MALKANI



Aamir was inspired to launch Plant Up after moving from India to Oakville and discovering a surprising lack of diversity in the plant-based food scene. Determined to bring bold, global flavors to the table, he created Plant Up—a brand that reimagines plant-based eating through a rich cultural lens. Plant Up makes plant-based foods more exciting, accessible, and delicious while supporting local Canadian farmers.

GREENHOUSE  
BOOSTER SHOTS

- ✓ LOCAL
- ✓ ORGANIC



11<sup>99</sup>

4 x 60 mL

YOGGU!  
CULTURED COCONUT YOGURT

- ✓ GLUTEN-FREE
- ✓ VEGAN



6<sup>99</sup>

450 g

RISE  
KOMBUCHA

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ UNPASTEURIZED



MIX & MATCH

2 FOR \$7

414 mL



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## BEST BAA SHEEP MILK YOGURT

- ✓ LOCAL
- ✓ NON-GMO VERIFIED



7<sup>99</sup>

425 g

## GOODVIBES JUICE CO. WELLNESS SHOTS

- ✓ LOCAL
- ✓ MADE WITH ORGANIC INGREDIENTS
- ✓ GLUTEN-FREE
- ✓ VEGAN

MIX & MATCH

2 FOR \$7

50 mL

## PLANT UP PLANT BASED APPETIZERS & ENTRÉES

- ✓ LOCAL
- ✓ NON-GMO
- ✓ PLANT-BASED



7<sup>99</sup>

288 g - 300 g

## BELLA CASARA BURRATA

Local  
A fresh, italian-style cheese from Canada with a soft mozzarella exterior encasing a rich, creamy filling, offering a buttery, milky, slightly tangy flavor with a velvety texture, perfect for salads, pastas and pizzas.



10<sup>99</sup>

SAVE \$3

250 g • Product of Ontario

OUR BULK  
DEPARTMENT IS  
**friendlier**  
REUSABLE  
PACKAGING  
MADE EASY!



SIMPLY BUY\*, SCAN,  
AND RETURN



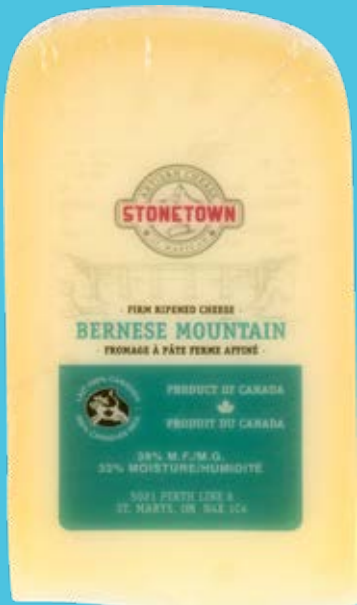
REUSE RETURN

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

LEARN MORE AT FRIENDLIER.CA

## STONETOWN BERNESE MOUNTAIN CHEESE

Local  
Bernese mountain is rich and creamy on the palate with a nice mild tangy flavour, which makes it the perfect cheese for serving to friends and family.



11<sup>49</sup>

SAVE \$1.50

170 g • Product of Ontario

## ALBERT'S LEAP BEL HAVEN

Local  
Albert's leap bel haven is a triple cream cheese with a white, bloomy rind and a creamy, pale yellow interior. its flavor is as velvety as its appearance. this classic soft cheese has aromas of butter, mushroom and nuttiness and is slightly tangy.



12<sup>99</sup>

SAVE \$2

300 g • Product of Ontario

# BULK is Back!

BRING IN YOUR OWN  
CONTAINERS FROM HOME!



**1** WASH A CONTAINER  
AND BRING IT IN

ASK A CASHIER

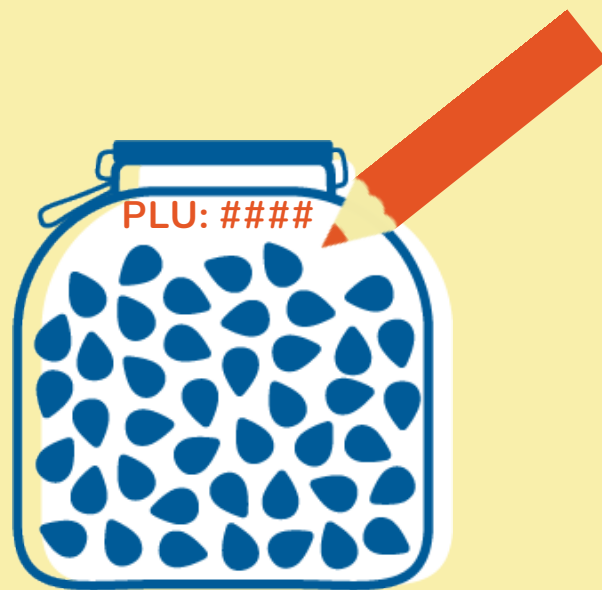


**2** HAVE US WEIGH IT

**3** FILL IT WITH  
BULK GOODS



**4** WRITE DOWN  
THE PLU CODE





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## WALNUTS

✓ ORGANIC



1<sup>99</sup>  
100 G  
19.90 KG

Product of USA

## JUMBO SULTANA RAISINS

✓ ORGANIC



1<sup>29</sup>  
100 G  
12.90 KG

Product of Türkiye

## RAW PISTACHIOS

✓ ORGANIC



3<sup>69</sup>  
100 G  
36.90 KG

Product of USA

## GREEN LENTILS

✓ ORGANIC



79<sup>¢</sup>  
100 G  
7.90 KG

Product of Canada







**MAKIWISE**  
Sustainable Sushi

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



OCEAN WISE  
RECOMMENDED

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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

