

THE SWEET POTATO

Bringing healthy food to everyone!



JAN 16 - JAN 22, 2026

BUY CANADIAN

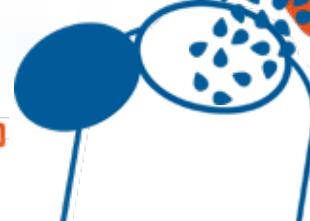
BULK is Back!



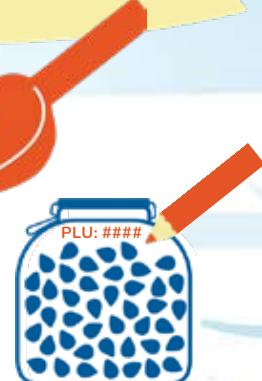
1. BRING IN YOUR CLEAN CONTAINERS



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



5⁹⁹

2.27 kg • Product of Ontario

PFENNING'S ORGANIC FARM RED CABBAGE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1²⁹
LB
2.84

Product of Ontario

BERETTA FARMS ALBERTA BEEF STRIPLOIN STEAKS

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



29⁹⁹
LB
66.12 KG

SAVE \$10/LB

Product of Alberta

BERETTA FARMS ONTARIO THICK CUT PORK BACON

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC &
HORMONE-FREE

- ✓ NON-GMO
- ✓ FREE-RUN
- ✓ FAMILY FARM RAISED

BERETTA
SHARING WHAT MATTERS

ARTISANAL
THICK CUT PORK
BACON
ARTISANAL
TRANCHE ÉPAIS

100% CANADIAN PORK

Gluten Free • No Antibiotics Added • Grown Naturally

Same Gluten • Same Nutrients Added to the Meat

Same Glutamates • Same Nutrients Added to the Meat

Same Preservatives • Same Nutrients Added to the Meat

Same Artificial Colors/Flavors • Same Nutrients Added to the Meat

Same Artificial Preservatives • Same Nutrients Added to the Meat

Same Artificial Sweeteners • Same Nutrients Added to the Meat

Same Artificial Colors/Flavors • Same Nutrients Added to the Meat

Same Artificial Preservatives • Same Nutrients Added to the Meat

Same Artificial Sweeteners • Same Nutrients Added to the Meat

48g OF PROTEIN PER SERVING
48g PROTEIN PAR PORTION

KEEP REFRIGERATED
GARDER REFRIGÉRÉE

NET WEIGHT
POIDS NET

500 g

8⁹⁹

SAVE \$6

300 g • Product of Ontario

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KIWI

✓ CERTIFIED ORGANIC



5.99

454 g • Product of Italy

LEMONS 2LB BAGS

✓ CERTIFIED ORGANIC



5.99

908 g • Product of California

KALE - GREEN OR BLACK

✓ CERTIFIED ORGANIC



2.49

Product of California

ICEBERG LETTUCE

✓ CERTIFIED ORGANIC



2.49

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



17.99
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



12.99
LB
28.64 KG

Product of Ontario

SEACORE BRAZILIAN TILAPIA FILLETS - PLAIN AND MARINATED

- ✓ ALL-NATURAL
- ✓ FRESH, NEVER FROZEN

- ✓ SUSTAINABLY RAISED
- ✓ OCEAN WISE RECOMMENDED



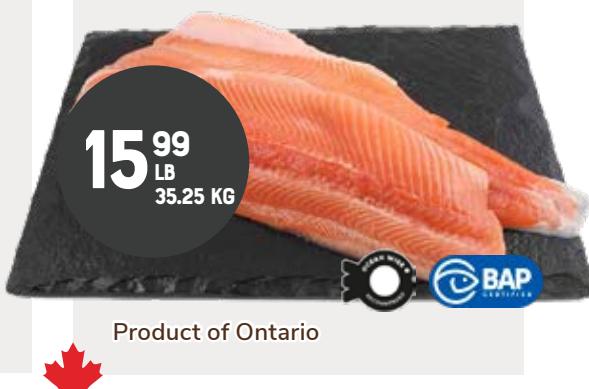
11.99
LB
26.43 KG

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



15.99
LB
35.25 KG

Product of Ontario

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



6.99

227 g

CRANK COFFEE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED



14.99

340 g

NUTS TO YOU PEANUT BUTTER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



8.99

750 g

AĒLO MOCKTAILS

- ✓ GLUTEN-FREE
- ✓ VEGAN



13.99

4 x 355 mL

ELMHURST NON DAIRY BEVERAGES

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



7.99

946 mL

BOB'S RED MILL ROLLED OATS

- ✓ ORGANIC
- ✓ GLUTEN-FREE



11.99

794 g - 907 g

BLACK RIVER BLACK OR TART CHERRY JUICE

- ✓ LOCAL
- ✓ MADE W/ONTARIO CHERRIES



8.99

1 L



Local SPOTLIGHT

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 bisphenol-A was not intentionally added during any stage in the manufacturing process.

- 540 ML

LOCALLY MADE ONTARIO

**3 FOR \$10
MIX & MATCH**



YORKSHIRE VALLEY FARMS

Yorkshire Valley Farms supports almost 14,000 acres of land being stewarded under organic practices, leading to healthier, more nutrient-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

**14.99
OR
11.99
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



2 FOR \$10

MIX & MATCH

28g - 32g

SKINNY POP POPCORN

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

2 FOR \$10

125 g - 150 g

MIX & MATCH

FREEYUMM COOKIES

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



2 FOR \$9

MIX & MATCH

KETTLE BRAND KETTLE CHIPS

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



2 FOR \$8

MIX & MATCH

YOGI TEA

- ✓ ORGANIC



5 99

16 ct

NAVITAS CACAO POWDER

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



22 99

454 g

GNUBEES KIDS FRUIT SHAKE

- ✓ NUT-FREE
- ✓ GLUTEN-FREE

2 FOR \$6

190 mL

MIX & MATCH



AMY'S SOUP

- ✓ CERTIFIED ORGANIC



2 FOR \$10

398 mL

MIX & MATCH

CHOSEN FOODS AVOCADO OIL MAYO

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



11 99

355 mL

PLANT UP™

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

Plant-Based SPOTLIGHT

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



11⁹⁹

4 x 60 mL



YOGGU! CULTURED COCONUT YOGURT

- ✓ GLUTEN-FREE
- ✓ VEGAN



6⁹⁹

450 g



RISE KOMBUCHA

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ UNPASTEURIZED

2 FOR \$7



MIX & MATCH

414 mL



BEST BAA SHEEP MILK YOGURT

- ✓ LOCAL
- ✓ NON-GMO VERIFIED



7⁹⁹

425 g • Product of Ontario

GOODVIBES JUICE CO. WELLNESS SHOTS

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

MIX &
MATCH

2 FOR \$7

50 mL

OUR BULK
DEPARTMENT IS
friendlier
REUSABLE
PACKAGING
MADE EASY!



PLANT UP PLANT BASED APPETIZERS & ENTREES

- ✓ LOCAL
- ✓ NON-GMO
- ✓ PLANT-BASED



7⁹⁹

Thai Stir-Fry
Sauté thaïlandais

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.

10⁹⁹

SAVE \$3

250 g • Product of Ontario

STONETOWN BERNESE MOUNTAIN CHEESE

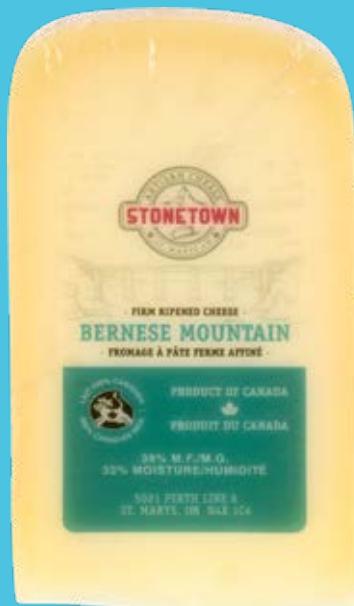
Local

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

11⁴⁹

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.

12⁹⁹

SAVE \$2

300 g • Product of Ontario



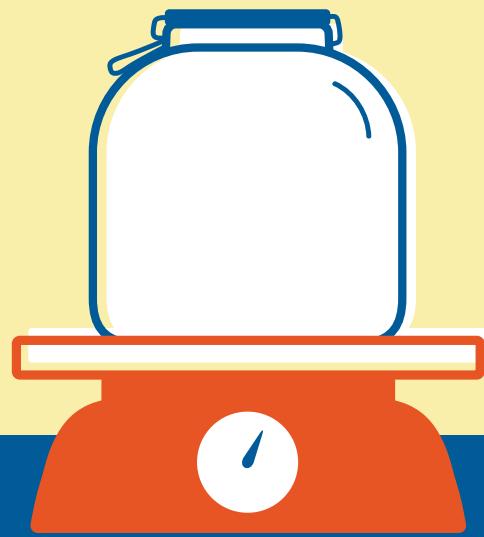
BULK IS Back!

BRING IN YOUR OWN
CONTAINERS FROM HOME!

ASK A CASHIER



1 WASH A CONTAINER
AND BRING IT IN

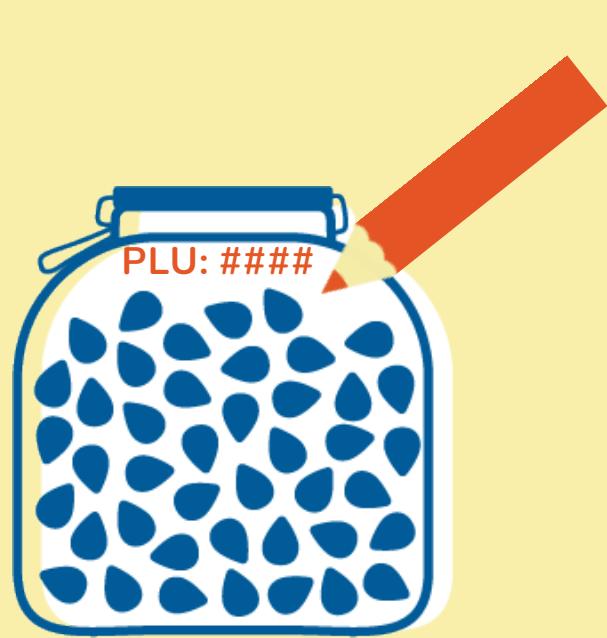


2 HAVE US WEIGH IT

3 FILL IT WITH
BULK GOODS



4 WRITE DOWN
THE PLU CODE



WALNUTS

✓ ORGANIC



1.99

100 G

19.90 KG

Product of USA

JUMBO SULTANA RAISINS

✓ ORGANIC



1.29

100 G

12.90 KG

Product of Türkiye

RAW PISTACHIOS

✓ ORGANIC



3.69

100 G

36.90 KG

Product of USA

GREEN LENTILS

✓ ORGANIC



79¢

100 G

7.90 KG

Product of Canada



FRESH SUSHI AND MAKI MADE DAILY • OCEANWISE CERTIFIED FISH

• NATURAL AND ORGANIC INGREDIENTS • PLANT-BASED OPTIONS

• FAMILY-OWNED SMALL BUSINESS



Monday

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

- ✓ HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS

19⁹⁹

ADD GRAVY \$2



Wednesday

SALAD BOWLS

- ✓ 6 VARIETIES
- ✓ PLANT-BASED OPTIONS

8⁹⁹



Thursday

READY-TO-HEAT SOUPS

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

**9⁹⁹
OR
11⁹⁹**



Everyday

DELI SALADS

**\$3-4
OFF**

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



Tuesday

SPK FROZEN PIZZAS

- ✓ 3 VARIETIES
- ✓ FAMILY FAVOURITE!

2 FOR \$24



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.*

Friday

PIES & TARTS

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

**\$3
OFF**

