

THE SWEET POTATO

Bringing healthy food to everyone!

DEC 19 - DEC 25, 2025



BUY CANADIAN

PFENNING'S ORGANIC FARM CARROTS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

6⁹⁹



5lb Bag • Product of Ontario

BLACKBERRIES

- ✓ CERTIFIED ORGANIC

2 FOR \$6

OR 3.49 EACH



Pkg • Product of Mexico

YORKSHIRE VALLEY FARMS ONTARIO FRESH WHOLE ORGANIC TURKEYS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ FAMILY FARM RAISED

5⁹⁹

LB

13.21 KG

SAVE \$2/LB

Product of Ontario



Yorkshire Valley Farms is a co-op of farmers where turkeys are raised on family-run farms in Ontario enjoying an organic, non-gmo, all-grain diet.

- ✓ Organic
- ✓ Pesticide & Herbicide-Free
- ✓ Non-gmo grain fed
- ✓ No Animal By-Products
- ✓ Antibiotic-Free

GENUINE TEA TEA

- ✓ LOCAL
- ✓ BIODEGRADABLE
- ✓ PLANT BASED
- ✓ TEA BAGS

6⁹⁹

SAVE \$3

15 ct



PATIENCE TART CHERRY JUICE

- ✓ CERTIFIED ORGANIC
- ✓ 100% PURE

9⁹⁹

SAVE \$5

946 ml



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PFENNING'S ORGANIC FARM RUTABAGAS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1.69
LB
3.73 KG

Product of Ontario

ALGOMA ORCHARDS APPLES - GALA, AMBROSIA, OR RED DELICIOUS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



5.99

2.2lb Bags • Product of Ontario

PFENNING'S ORGANIC FARM GREEN & RED LEAF LETTUCE

- ✓ CERTIFIED ORGANIC



2.79

Product of Mexico

PFENNING'S ORGANIC FARM LEEKS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

1.99
LB
4.39 KG



ZETTEL FAMILY FARMS ONTARIO LEAN GROUND BEEF

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

- ✓ 100% GRASS-FED
- ✓ FAMILY FARM RAISED



14.99
LB
33.05 KG

SAVE \$2/LB

Product of Ontario

PRairie RANCHER FARMS ALBERTA INSIDE ROUND ROASTS

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



15.99
LB
35.25 KG

SAVE \$2/LB

Product of Alberta

DUBRETON ONTARIO PORCHETTA ROASTS

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



9.99
LB
22.02 KG

SAVE \$3/LB

Product of Ontario

SAUSAGE OF THE WEEK

HOT ITALIAN SAUSAGE

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

OUR TAKE ON THE CLASSIC, MADE IN-HOUSE USING LOCALLY SOURCED, FAMILY FARM RAISED BERKSHIRE PORK.
TASTES JUST LIKE NONNA USED TO MAKE!



ORKNEY ORGANIC SALMON SCOTTISH ATLANTIC SALMON FILLETS

- ✓ CERTIFIED ORGANIC
- ✓ FRESH, NEVER FROZEN

- ✓ HIGH IN OMEGA-3 FATTY ACIDS

SEACORE ICELANDIC COD LOINS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ FRESH, NEVER FROZEN
- ✓ BAP CERTIFIED

26⁹⁹
LB
59.50 KG

SAVE \$2/LB



Product of Scotland

29⁹⁹
LB
66.12 KG

SAVE \$2/LB



Product of Iceland

CHA'S ORGANICS TURMERIC LATTE

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



12⁹⁹

110 g

SOBER CARPENTER NON ALCOHOLIC BEER & CIDER

- ✓ VEGAN

2 FOR \$5



473 ml

HARDBITE AVOCADO OIL POTATO CHIPS

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



2 FOR \$8

128 g Size Only

silver swallow

Local SPOTLIGHT

BUBBLY NOT BOOZY

Experience Silver Swallow's Award-Winning Non-Alcoholic Wine Alternatives. Bright, bold, botanical, and better-for-you these bubbly not boozy drinks are made with real ingredients. They are also created using a process designed to skip adding sulfites, artificial flavors, colors, and preservatives!

- 750 ML

LOCALLY MADE OTTAWA ONTARIO

14⁹⁹
SAVE \$5



GENNA & ANDREW

Genna and Andrew have always shared a love of food and drink. So when Genna decided to cut back on alcohol to support her mental health, her partner Andrew—a Food Scientist—crafted Bubbly Not Boozy bevvies to fill her flute. As partners in life and now in business, they dreamed of creating beautifully presented, better-for-you wine alternatives—made with real ingredients.



SO YAM GOOD

SPK

HUMMUS OR SPINACH DIP

- ✓ MADE IN-HOUSE
- ✓ ORGANIC VEGETABLES
- ✓ PLANT-BASED OPTIONS



2 FOR \$10

SAVE UP TO \$4

Various

MIX & MATCH

SPK FROZEN PUFF PASTRY

- ✓ MADE IN-HOUSE
- ✓ PRESERVATIVE-FREE

2 FOR \$16
SAVE \$2

2 x 140 g

SPK

HAM AND BROCCOLI
OR MUSHROOM GOAT
CHEESE QUICHE

- ✓ FREE-RUN EGGS
- ✓ MADE IN-HOUSE DAILY
- ✓ ORGANIC VEGETABLES

14⁹⁹

SAVE \$2



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FILSINGER'S SWEET APPLE CIDER

- ✓ LOCAL
- ✓ ORGANIC



7.99

945 ml



CAMINO HOT CHOCOLATE MIX

- ✓ CERTIFIED ORGANIC
- ✓ FAIR TRADE CERTIFIED
- ✓ GLUTEN-FREE



9.99

275 g - 336 g



ONIBI CARBONATED SPRING WATER

- ✓ SUGAR-FREE



11.99

10 x 355 ml



CHIMES GOURMET SOFT TOFFEE

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

MIX & MATCH



2 FOR \$7

100 g

HEARTBEAT HOT SAUCE

- ✓ LOCAL
- ✓ GLUTEN-FREE

10.99

177 ml



EDWARD & SONS BROWN RICE SNAPS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ PLANT-BASED

MIX & MATCH



2 FOR \$10

100 g

NONNA PIA'S PASTA SAUCE

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



7.99

660 ml



SESMARK ANCIENT GRAIN CRACKERS

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



2 FOR \$8

100 g

MIX & MATCH



ECO-MAX DISHWASHER PACKS

- ✓ LOCAL
- ✓ BIODEGRADABLE
- ✓ NO ANIMAL TESTING



19.99

SAVE \$5

50 ct



Save
da
Sea

Plant-Based SPOTLIGHT

PLANT-BASED SMOKED SALMON

Save da Sea creates plant-based seafood from whole food ingredients. All smoked salmon alternatives are made from carrots and everything is plant-based, gluten-free, soy-free and contain Omega-3s from flax oil.

- 100 G
- GLUTEN FREE

7.99



MADE IN
CANADA

AKI KALTENBACH



Aki came up with the idea for Save da Sea when she was managing her family's Japanese restaurants. Having shifted to a vegan lifestyle, she was inspired to create "seafood" that everyone could enjoy without impacting the ocean. She founded Save da Sea with the belief that, by inspiring people to eat more plants, we can help consumers to eat more sustainably and help relieve pressure on our oceans.

L'ANCIÈTRE ARTISAN GOAT CHEESE

- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



8.99

ORGANIC MEADOW WHIPPING CREAM

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



6.99

oomé SMOKED TOFU

- ✓ NON-GMO PROJECT
VERIFIED



5.99

ROLLING MEADOW SHREDDED CHEESE

- ✓ LOCAL
- ✓ GRASS-FED



8.99

200 g



GREEN SPLIT PEAS

- ✓ CERTIFIED ORGANIC



49¢

100 G
4.90 KG

Product of Canada



BRAZIL NUTS

- ✓ CERTIFIED ORGANIC



3.99

100 G
39.90 KG

Product of Bolivia

SO DELICIOUS CASHEW OR COCONUT DESSERT

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN



7.99

500 ml

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



STAHLBUSH VEGETABLES

- ✓ GLUTEN-FREE
- ✓ NON-GMO & ORGANIC VARIETIES



2 FOR \$8

198 g - 350 g

SIMPLY BUY*, SCAN,
AND RETURN



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

LEARN MORE AT FRIENDLIER.CA

TURKISH FIGS

- ✓ CERTIFIED ORGANIC



2.49

100 G
24.90 KG

Product of Türkiye

MUNG BEANS

- ✓ CERTIFIED ORGANIC



79¢

100 G
7.90 KG

Product of USA

STONETOWN GRAND TRUNK

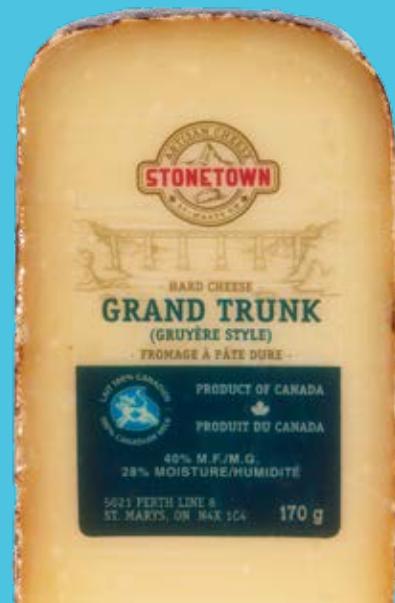
Local

This years winner at Both SIAL and The American Cheese Society. This Gruyere style cheese is creamy, full and slightly salty. Great melting cheese and an intriguing add to a charcuterie board.

12⁴⁹

SAVE \$2.50

170 g • Product of Ontario



FROMAGERIE MÉDARD 14 ARPENTS

14 Arpents is a Quebec washed-rind cheese with a creamy, buttery paste, offering notes of hazelnut, fresh buttermilk, and barnyard funk, plus a salty, tangy finish, becoming more intense and complex as it ages, similar to French Munster.



8⁹⁹

100 G

89.90 KG

SAVE \$10

Product of Quebec



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 \$2.5

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

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**

