

THE SWEET POTATO

Bringing healthy food to everyone!



FEB 13 - FEB 19, 2026

BUY CANADIAN

YELLOW ONIONS 3LB BAG

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

4⁹⁹



3 lb • Product of Ontario



CLEMENTINES 2LB BAG

- ✓ CERTIFIED ORGANIC

4⁹⁹



908 g • Product of California

YELLOW POTATOES

- ✓ CERTIFIED ORGANIC

1⁹⁹
LB
4.39 KG

Product of Canada



BERETTA FARMS ALBERTA BEEF STEWING CUBES

- ✓ CERTIFIED ORGANIC
- ✓ HUMANELY RAISED

- ✓ 100% TRACEABLE
AND SUSTAINABLE

16⁹⁹
LB
37.46 KG

SAVE \$3/LB

Product of Alberta



JUMBO NAVEL ORANGES

✓ CERTIFIED ORGANIC



1.99
LB
4.39 KG

Product of California

GREEN KALE

✓ CERTIFIED ORGANIC



2.49
LB
5.49 KG

Product of California

SAUSAGE OF THE WEEK

SMOKEY BISON BACON SAUSAGE

\$16.99/LB
\$37.46/KG



DUBRETON ONTARIO BONELESS PORK BLADE ROASTS & CHOPS

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



10.99
LB
24.23 KG

Product of Ontario

THE PACKING HOUSE ONTARIO LEAN GROUND CHICKEN BREASTS

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



13.99
LB
30.84 KG

Product of Ontario

BERETTA FARMS ALBERTA BISON BAVETTE STEAKS

✓ ALL-NATURAL
✓ 100% TRACEABLE
AND SUSTAINABLE
✓ ANTIBIOTIC &
HORMONE-FREE
✓ HUMANELY RAISED



22.99
LB
50.68 KG

Product of Alberta

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SEACORE ICELANDIC ARCTIC CHAR FILLETS

- ✓ ALL-NATURAL
- ✓ OCEAN WISE RECOMMENDED

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

23⁹⁹
LB
52.89 KG



Product of Iceland

SEACORE BRAZILIAN TILAPIA FILLETS

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

10⁹⁹
LB
24.23 KG

SAVE \$3/LB



Product of Brazil • Available plain or marinated in Cajun or Garlic and Herb marinades

FELICETTI DURUM WHEAT PASTA

- ✓ ORGANIC

**MIX &
MATCH**

3 FOR \$8

454 g



NUTS TO YOU CASHEW BUTTER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

10⁹⁹

365 g



QUE PASA TORTILLA CHIPS

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE

**MIX &
MATCH**

2 FOR \$10



300 g - 350 g



QUE PASA SALSA

- ✓ CERTIFIED ORGANIC
- ✓ VEGAN

5⁹⁹

420 mL



HUMBLE POTATO CHIPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE

**MIX &
MATCH**

2 FOR \$8

135 g



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PRANA BEAN ME UP SNACKS

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



6⁹⁹



325 g

PEACASA CHICKPEA CHIPS

- ✓ LOCAL
- ✓ GLUTEN-FREE



2 FOR \$10



128 g

MIX & MATCH

FRANKIES PUFFS & PUFFCORN

- ✓ ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$7



113 g - 140 g

MIX & MATCH

PHOEAPOLIS EXTRA VIRGIN OLIVE OIL

- ✓ ORGANIC



13⁹⁹

500 mL



SAPSUCKER SPARKLING TREE WATER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



3 FOR \$6

355 mL

MIX & MATCH

PERFECT CHEF CANADIAN CLASSIC KETCHUP

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



5⁹⁹

350 mL



ONE DEGREE CEREAL

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



5⁹⁹

227 g - 284 g



NOLA BAKING POWER PANCAKES

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ VEGAN



8⁹⁹

400 g



CAMINO CHOCOLATE BARS

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



7⁹⁹

80 g - 100 g



BROYA

Local SPOTLIGHT

ORGANIC BONE BROTH

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

500 ML

LOCALLY MADE TORONTO ONTARIO

10⁹⁹



TIM SOTOADEH



After discovering that drinking broth had a positive impact on his gut, mood, and energy, Broya founder and CEO Tim Sotoadeh decided he had to share the feeling with the world. Turned off by the ins and outs of industrial farming, Tim founded Broya to be hyper-intentional about each step of the process, ensuring all of their products are made from grass-fed, humanely raised animals raised by local farmers.



SO YAM GOOD

SMALL SOUP AND WRAP COMBO

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

\$14
SAVE \$4



Various

SCONE 4 PACKS

- ✓ MADE IN-HOUSE DAILY
- ✓ VEGETARIAN

10⁹⁹
SAVE \$2

520 g



BUTTER CHICKEN

- ✓ ANTIBIOTIC & HORMONE-FREE CHICKEN
- ✓ PRESERVATIVE-FREE
- ✓ MADE IN-HOUSE

11⁹⁹
SAVE \$3

420 g Fresh or Frozen Entree



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CARRICK BROTHERS MAPLE SYRUP

- ✓ LOCAL
- ✓ ORGANIC



14⁹⁹

500 mL



NUDEFUIT FRUIT

- ✓ LOCAL



8⁹⁹

500 g-1600 g • Raspberries not included



NUTS FOR CHEESE CULTURED CASHEW CHEESE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



9⁹⁹

120 g



CHOCXO NUT BUTTER CUPS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ MADE W/SUSTAINABLE CACAO



7⁹⁹

98 g



LOVE CHILD BABY FOOD POUCHES

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE

MIX & MATCH



3 FOR \$8

128 mL



NATURE'S FARM OMEGA-3 FREE RUN EGGS

- ✓ NON-GMO CERTIFIED



17⁹⁹

30 ct



ROLLING MEADOW SHREDDED CHEESE

- ✓ LOCAL
- ✓ GRASS-FED



8⁹⁹

200 g



KARTHEIN'S SAUERKRAUT

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ RAW



11⁹⁹

750 mL



L'ANCIÈTRE ARTISAN GOAT CHEESE

- ✓ UNPASTEURIZED



8⁹⁹

190 g





PROTEIN CURLS

Looking for something easy and convenient to cook for all types of eaters? Om Noms® Protein Curls is a flexible protein for every plate and palate made completely from whole bean, non-GMO, soybeans!

- 100 G
- NON-GMO



Plant-Based SPOTLIGHT

2 FOR \$10



GINA ARSENS



Vancouver-based and women-led, Om Noms was founded by Gina ArSENS, a visionary entrepreneur with a Greek heritage. Om Noms is a celebration of health, taste, and a commitment to a more sustainable lifestyle.

JACK & ANNIE'S CRISPY JACK TENDERS

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



RISE KOMBUCHA

- ✓ ORGANIC
- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



CARBONAUT PIZZA

- ✓ GLUTEN-FREE
- ✓ KETO CERTIFIED



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PEARLED BARLEY

✓ CERTIFIED ORGANIC



29¢
100 G
2.90 KG

Product of Canada



SWEETENED BANANA CHIPS

✓ CERTIFIED ORGANIC



119
100 G
11.90 KG

Product of Phillipines

TRI-COLOUR QUINOA

✓ CERTIFIED ORGANIC



119
100 G
11.90 KG

Product of Bolivia

RAW CASHEWS PIECES

✓ CERTIFIED ORGANIC



199
100 G
19.90 KG

Product of India

OUR BULK DEPARTMENT IS *friendlier*

REUSABLE PACKAGING MADE EASY!



SIMPLY BUY*, SCAN,
AND RETURN



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

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STONETOWN GRAND TRUNK

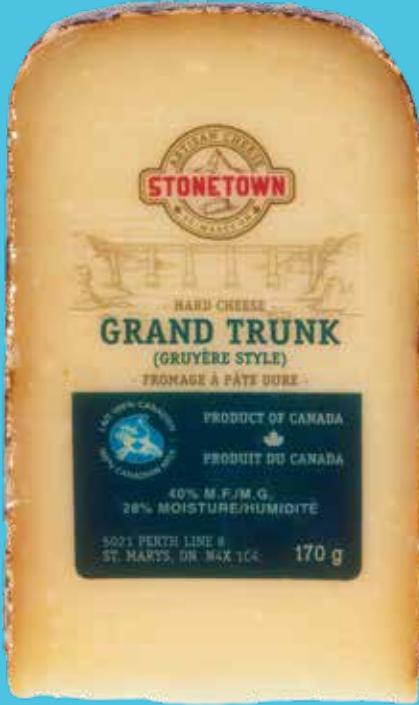
Local

Canadian Gruyere style cheese, this raw milk cheese is prized for it's nutty, caramelized and slightly salty flavour. It has a creamy yet firm texture perfect for melting. An award-winning, Gruyère-style, farmstead cheese from St. Marys, Ontario, made from unpasteurized cow's milk, aged 12-18 months for a rich, nutty, salty flavor with creamy, slightly crumbly texture, perfect for platters

1199

SAVE \$3

170 g • Product of Ontario



PORTUGUESE CHEESE COMPANY QUESO FRESCO

Local

This fresh cheese is perfect for grating, grilling or crumbling. A great addition to tacos or enchilladas. A fresh Mexican style cheese, soft, creamy and slightly tangy. Great addition to tacos

259

100 G
25.90 KG

SAVE \$4

Product of Ontario



ILE AUX GRUES 2 YEAR CHEDDAR

A grass fed, raw milk cheddar made on the Ile aux Grues. This cheddar is so well balanced, fruity bright notes, with a slight nutty finish. A renowned Quebec artisanal cheese, made from unpasteurized milk from cows grazing on salty island fodder, resulting in a firm, drier, slightly granular texture with rich, nutty, fruity, and tangy notes, offering a robust, extra-sharp flavour.

6 58
65.90 KG

SAVE \$5

Product of Quebec



6 99
100 G
69.90 KG

SAVE \$4

Product of Quebec

NOUVELLE FRANCE FROMAGERIE HOUDE LE PATRIARCHE

Inspired by the "Maroilles" cheese, this new creation is made of cow milk and characterized by rustic aromas, a creamy texture, and a nice mix of fruity and warm butter taste. Inspired by the "Maroilles" cheese, this new creation is made of cow milk and characterized by rustic aromas, a creamy texture, and a nice mix of fruity and warm butter taste.





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



 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.*

Friday

PIES & TARTS

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

**\$3
OFF**

