



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



1⁹⁹
LB
4.39 KG

Product of California

GREEN KALE

✓ CERTIFIED ORGANIC



2⁴⁹

Product of California

SAUSAGE OF THE WEEK
SMOKEY BISON
BACON SAUSAGE

\$16.99/LB
\$37.46/KG



ANJOU PEARS

✓ CERTIFIED ORGANIC



2⁴⁹
LB
5.49 KG

Product of Washington

DUBRETON
ONTARIO BONELESS
PORK BLADE
ROASTS & CHOPS

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



10⁹⁹
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



13⁹⁹
LB
30.84 KG

Product of Ontario

BERETTA FARMS
ALBERTA BISON
BAVETTE STEAKS

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



22⁹⁹
LB
50.68 KG

SAVE \$3/LB

Product of Alberta

THE SWEET POTATO

Bringing healthy food to everyone!

FEB 13 - FEB 19, 2026

SEACORE ICELANDIC ARCTIC CHAR FILLETS

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



Product of Iceland

SEACORE BRAZILIAN TILAPIA FILLETS

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



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

FELICETTI DURUM WHEAT PASTA

- ✓ ORGANIC

MIX & MATCH



454 g

NUTS TO YOU CASHEW BUTTER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



365 g

QUE PASA TORTILLA CHIPS

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE

MIX & MATCH



300 g - 350 g

QUE PASA SALSA

- ✓ CERTIFIED ORGANIC
- ✓ VEGAN



420 mL

HUMBLE POTATO CHIPS

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

MIX & MATCH



135 g

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THE SWEET POTATO

Bringing healthy food to everyone!

FEB 13 - FEB 19, 2026

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

FRANKIE'S PUFFS & PUFFCORN

- ✓ ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$7

113 g - 140 g

PHOEAPOLIS EXTRA VIRGIN OLIVE OIL

- ✓ ORGANIC



13⁹⁹

500 mL

SAPSUCKER SPARKLING TREE WATER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



3 FOR \$6

355 mL

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 you 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

THE SWEET POTATO

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FEB 13 - FEB 19, 2026

CARRICK BROTHERS MAPLE SYRUP

- ✓ LOCAL
- ✓ ORGANIC



14⁹⁹

500 mL

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

NUDEFRUIT FRUIT

- ✓ LOCAL



8⁹⁹

500 g - 600 g • Raspberries not Included

NATURE'S FARM OMEGA-3 FREE RUN EGGS

- ✓ NON-GMO CERTIFIED



17⁹⁹

30 ct

ROLLING MEADOW SHREDDED CHEESE

- ✓ LOCAL
- ✓ GRASS-FED



8⁹⁹

200 g

NUTS FOR CHEESE CULTURED CASHEW CHEESE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



9⁹⁹

120 g

KARTHEIN'S SAUERKRAUT

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ RAW



11⁹⁹

750 mL

L'ANCÊTRE 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

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



6⁹⁹

RISE KOMBUCHA

- ✓ ORGANIC
- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



8⁹⁹

1 L

CARBONAUT PIZZA

- ✓ GLUTEN-FREE
- ✓ KETO CERTIFIED



13⁹⁹

395 g - 414 g

THE SWEET POTATO

Bringing healthy food to everyone!

FEB 13 - FEB 19, 2026

PEARLED BARLEY

✓ CERTIFIED ORGANIC



29¢
100 G
2.90 KG

Product of Canada



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

SWEETENED BANANA CHIPS

✓ CERTIFIED ORGANIC



1¹⁹
100 G
11.90 KG

Product of Phillipines

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 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 stlye cheese ,
soft, creamy and slightly tangy.
Great addition to tacos

2⁵⁹
100 G
25.90 KG
SAVE \$4

Product of Ontario



THE SWEET POTATO

Bringing healthy food to everyone!



FEB 13 - FEB 19, 2026

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.



6⁵⁸
100 G
65.90 KG
SAVE \$5

Product of Quebec



NOUVELLE FRANCE FROMAGERIE HOUE 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.



6⁹⁹
100 G
69.90 KG
SAVE \$4

Product of Quebec



FRESH SUSHI AND MAKI MADE DAILY • OCEANWISE CERTIFIED FISH

• NATURAL AND ORGANIC INGREDIENTS • PLANT-BASED OPTIONS

• FAMILY-OWNED SMALL BUSINESS

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Monday

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

- ✓ HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS

19⁹⁹

ADD GRAVY \$2



Tuesday

SPK FROZEN PIZZAS

- ✓ 3 VARIETIES
- ✓ FAMILY FAVOURITE!

2 FOR \$24



Wednesday

SALAD BOWLS

- ✓ 6 VARIETIES
- ✓ PLANT-BASED OPTIONS

8⁹⁹



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

9⁹⁹
OR
11⁹⁹



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

