

# THE SWEET POTATO

Bringing healthy food to everyone!



FEB 6 - FEB 12, 2026

BUY CANADIAN

## LA FERME DE MON PÈRE HEIRLOOM FINGERLING POTATOES



**4.99**  
LB  
11 KG



### A SWEET POTATO EXCLUSIVE!

We are the ONLY retailer who sells these La Ferme de Mon Père potatoes. Learn more with Digs on Instagram!

Product of Quebec • Varieties pictured: Rosemarie, Purple Magic, Bellanita, La Ratte, German Butterball



## PARADISE FIELDS PARADISE FIELDS MICROGREENS

✓ LOCAL ✓ CERTIFIED ORGANIC

Grown with purpose, Paradise Fields microgreen blends and salads are thoughtfully created with specific health benefits in mind to support your overall vitality.

Try specialized blends including Immunity, Protein, and Blood Builder, and experience food that works as hard as you do.



**3.99  
TO  
6.99**



UP TO  
25%  
OFF!

Product of Ontario • Regular prices are \$4.99 - \$8.99 depending on item. Microgreens only.



## NUTS TO YOU CASHEW BUTTER

✓ LOCAL  
✓ ORGANIC  
✓ GLUTEN-FREE



**10.99**

365 g

## BERETTA FARMS ALBERTA ABF BISON TRI TIP STEAKS AND ROASTS

✓ ALL-NATURAL  
✓ ANTIOTIC &  
HORMONE-FREE

✓ HUMANELY RAISED  
✓ SUSTAINABLY  
RAISED



**14.99**  
LB  
33.05 KG

SAVE \$4/LB

Product of Alberta



## FELICETTI DURUM WHEAT PASTA

✓ ORGANIC

MIX &  
MATCH



**3 FOR \$8**

454 g

## ROYAL GALA APPLES 3LB BAG

✓ CERTIFIED ORGANIC

**5<sup>99</sup>**

1.36 kg • Product of British Columbia



## BUTTERNUT SQUASH

✓ CERTIFIED ORGANIC

**2<sup>29</sup>**  
LB  
5.05 KG

Product of Mexico



## JUMBO NAVEL ORANGES

✓ CERTIFIED ORGANIC



**1<sup>99</sup>**  
LB  
4.39 KG

Product of California

## BUNCHED CARROTS

✓ CERTIFIED ORGANIC



**2<sup>99</sup>**

Product of California

## ANJOU PEARS

✓ CERTIFIED ORGANIC



**2<sup>49</sup>**  
LB  
5.49 KG

Product of Washington

## SAUSAGE OF THE WEEK

## BEEF AND PORK CHILI SAUSAGE

— ◇ —

**\$11.99/LB  
\$26.43/KG**



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## BERETTA FARMS ALBERTA BEEF FLANKS

- ✓ CERTIFIED ORGANIC
- ✓ 100% TRACEABLE AND SUSTAINABLE
- ✓ HUMANELY RAISED



**21.99**  
LB  
48.48 KG

SAVE \$3/LB

Product of Alberta

## DUBRETON ONTARIO BONE-IN PORK RIB CHOPS

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



**11.99**  
LB  
26.43 KG

Product of Ontario



## PRairie RANCHER FARMS ALBERTA ABF BEEF BLADE STEAKS & ROASTS

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



**14.99**  
LB  
33.05 KG

Product of Alberta



## IZUMI AQUACULTURE ONTARIO STEELHEAD TROUT FILLETS

- ✓ LOCAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ BAP

- ✓ OCEAN WISE RECOMMENDED
- ✓ FRESH, NEVER FROZEN

**21.99**  
LB  
48.48 KG

SAVE \$2/LB

Product of Ontario



CERTIFIED SUSTAINABLE  
MSC  
OCEAN WISE  
RECOMMENDED  
BAP  
CERTIFIED

## SEACORE ICELANDIC COD FILLETS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ FRESH, NEVER FROZEN
- ✓ OCEAN WISE RECOMMENDED
- ✓ MSC

**23.99**  
LB  
52.89 KG

Product of Iceland



## QUE PASA TORTILLA CHIPS

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE

MIX &  
MATCH



**2 FOR \$10**

300 g - 350 g



## QUE PASA SALSA

- ✓ CERTIFIED ORGANIC
- ✓ VEGAN



**5.99**

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



**6<sup>99</sup>**

325 g



## PEACASA CHICKPEA CHIPS

- ✓ LOCAL
- ✓ GLUTEN-FREE



**2 FOR \$10**

128 g



## FRANKIES PUFFS & PUFFCORN

- ✓ ORGANIC
- ✓ GLUTEN-FREE



**2 FOR \$7**

113 g - 140 g



## PHOEAPOLIS EXTRA VIRGIN OLIVE OIL

- ✓ ORGANIC



**13<sup>99</sup>**

500 mL



## SAPSUCKER SPARKLING TREE WATER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



**3 FOR \$6**

355 mL



## PERFECT CHEF CANADIAN CLASSIC KETCHUP

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



**5<sup>99</sup>**

350 mL



## ONE DEGREE CEREAL

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



**5<sup>99</sup>**

227 g - 284 g



## NOLA BAKING POWER PANCAKES

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ VEGAN



**8<sup>99</sup>**

400 g



## CAMINO CHOCOLATE BARS

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



**7<sup>99</sup>**

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

10<sup>99</sup>



#### 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

10<sup>99</sup>  
SAVE \$2

520 g



#### BUTTER CHICKEN

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

11<sup>99</sup>  
SAVE \$3

420 g Fresh or Frozen Entree



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## CARRICK BROTHERS MAPLE SYRUP

- ✓ LOCAL
- ✓ ORGANIC



**14.99**



## NUDEFUIT FRUIT

- ✓ LOCAL



**8.99**



## NUTS FOR CHEESE CULTURED CASHEW CHEESE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



**9.99**



## CHOCXO NUT BUTTER CUPS

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



**7.99**



## NATURE'S FARM OMEGA-3 FREE RUN EGGS

- ✓ NON-GMO CERTIFIED



**17.99**



## KARTHEIN'S SAUERKRAUT

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ RAW



**11.99**



## LOVE CHILD BABY FOOD POUCHES

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE

**MIX & MATCH**



**3 FOR \$8**



## ROLLING MEADOW SHREDDED CHEESE

- ✓ LOCAL
- ✓ GRASS-FED



**8.99**





## 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



**6.99**

### RISE KOMBUCHA

- ✓ ORGANIC
- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



**8.99**

### CARBONAUT PIZZA

- ✓ GLUTEN-FREE
- ✓ KETO CERTIFIED



**13.99**

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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

LEARN MORE AT FRIENDLIER.CA

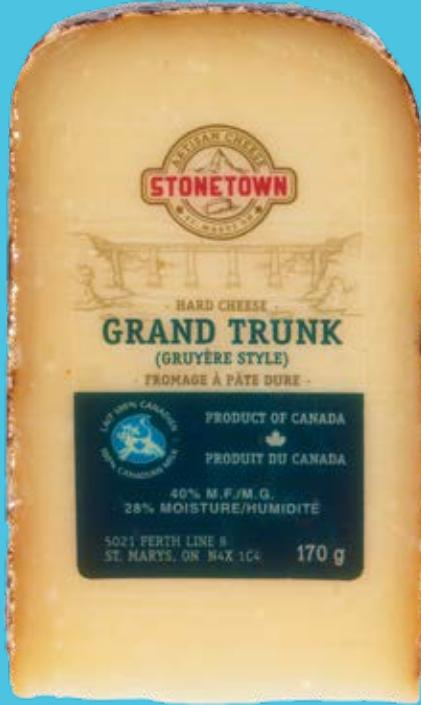
## STONETOWN GRAND TRUNK

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

**259**  
100 G  
25.90 KG

SAVE \$4

Product of Ontario

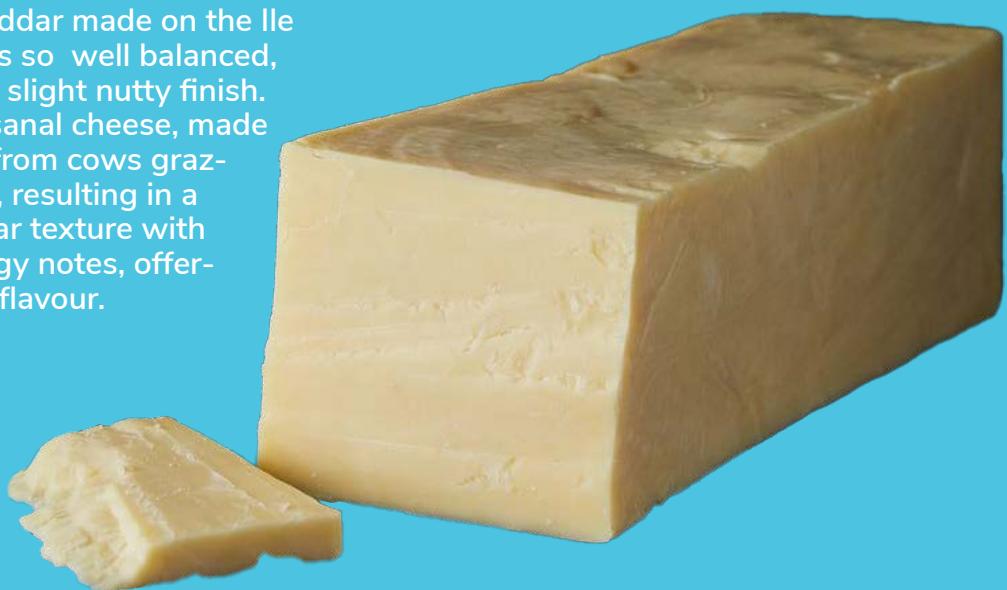
## ILE AUX GRUES 2 YEAR CHEDDAR

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

**19<sup>99</sup>**

ADD GRAVY \$2



## Wednesday

### SALAD BOWLS

- ✓ 6 VARIETIES
- ✓ PLANT-BASED OPTIONS

**8<sup>99</sup>**



## 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>**



## 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**

