

THE SWEET POTATO

Bringing healthy food to everyone!

FEB 6 - FEB 12, 2026

BUY CANADIAN

LA FERME DE MON PÈRE HEIRLOOM FINGERLING POTATOES

A SWEET POTATO EXCLUSIVE!

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



4⁹⁹
LB
11 KG

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.



3⁹⁹
TO
6⁹⁹

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

NUTS TO YOU CASHEW BUTTER

✓ LOCAL
✓ ORGANIC
✓ GLUTEN-FREE



10⁹⁹

365 g

BERETTA FARMS ALBERTA ABF BISON TRI TIP STEAKS AND ROASTS

✓ ALL-NATURAL
✓ ANTIBIOTIC &
HORMONE-FREE

✓ HUMANELY RAISED
✓ SUSTAINABLY
RAISED



14⁹⁹
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

5⁹⁹



1.36 kg • Product of British Columbia



BUTTERNUT SQUASH

✓ CERTIFIED ORGANIC

2²⁹
LB
5.05 KG



Product of Mexico

JUMBO NAVEL ORANGES

✓ CERTIFIED ORGANIC

1⁹⁹
LB
4.39 KG



Product of California

BUNCHED CARROTS

✓ CERTIFIED ORGANIC

2⁹⁹



Product of California

ANJOU PEARS

✓ CERTIFIED ORGANIC

2⁴⁹
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



21⁹⁹
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



11⁹⁹
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



14⁹⁹
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



21⁹⁹
LB
48.48 KG

SAVE \$2/LB

Product of Ontario



SEACORE ICELANDIC COD FILLETS

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



23⁹⁹
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



5⁹⁹

420 mL

HUMBLE POTATO CHIPS

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



MIX & MATCH

2 FOR \$8

135 g

THE SWEET POTATO

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PRANA BEAN ME UP SNACKS

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



6⁹⁹

PEACASA CHICKPEA CHIPS

- ✓ LOCAL
- ✓ GLUTEN-FREE



2 FOR \$10

FRANKIE'S PUFFS & PUFFCORN

- ✓ ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$7

PHOEAPOLIS EXTRA VIRGIN OLIVE OIL

- ✓ ORGANIC



13⁹⁹

SAPSUCKER SPARKLING TREE WATER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



3 FOR \$6

PERFECT CHEF CANADIAN CLASSIC KETCHUP

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



5⁹⁹

ONE DEGREE CEREAL

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



5⁹⁹

NOLA BAKING POWER PANCAKES

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ VEGAN



8⁹⁹

CAMINO CHOCOLATE BARS

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



7⁹⁹

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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

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FEB 6 - FEB 12, 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





Plant-Based

SPOTLIGHT

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

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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

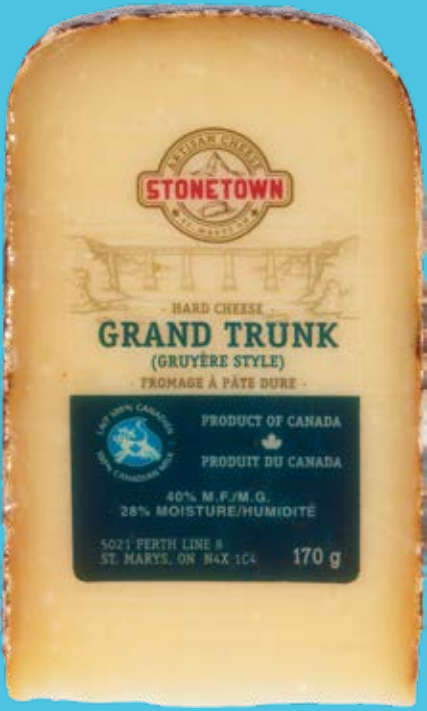
LEARN MORE AT FRIENDLIER.CA

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

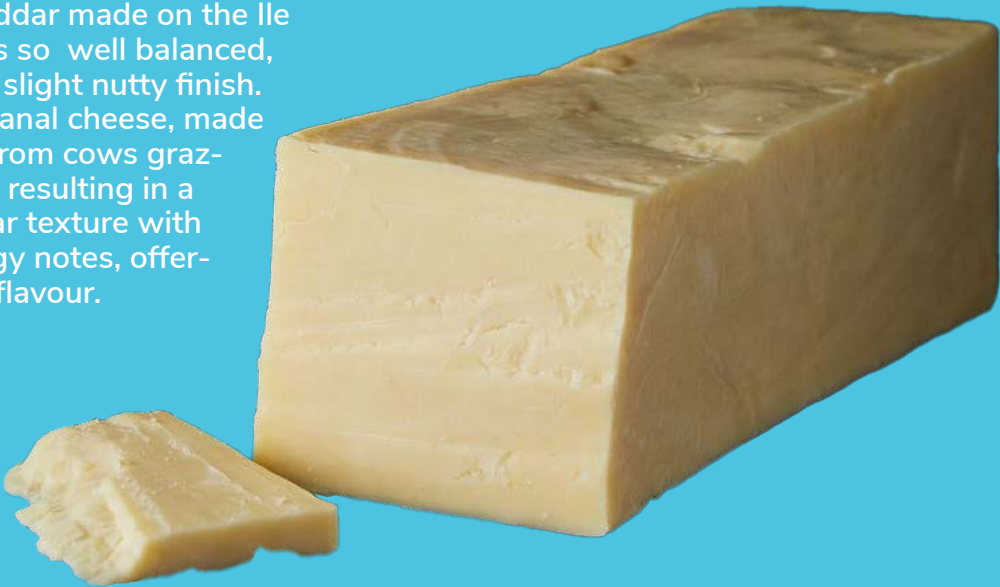
2⁵⁹
100 G
25.90 KG
SAVE \$4

Product of Ontario



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
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.



6.99
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



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

