

THE SWEET POTATO

Bringing healthy food to everyone!

APR 24 - 30, 2026

BUY CANADIAN



RED, RUSSET & YELLOW POTATOES 3LB BAG

✓ CERTIFIED ORGANIC



5⁴⁹

1.36 kg • Product of Canada



PRAIRIE RANCHER FARMS ALBERTA ABF BEEF TENDERLOIN STEAKS

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

- ✓ FAMILY FARM RAISED

THE PACKING HOUSE ONTARIO CHICKEN WINGS

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

38⁹⁹
LB
85.96 KG

SAVE \$14/LB

Product of Alberta



7⁴⁹
LB
16.51 KG

Product of Ontario • Available Plain, Jerk, Italian Herb and Cajun



GEN V ENGLISH CUCUMBERS

✓ CERTIFIED ORGANIC



2⁴⁹

Product of Quebec



NATURE'S FIRST FRUIT AMBROSIA APPLES 3LB BAG

✓ CERTIFIED ORGANIC



6⁹⁹

1.36 kg • Product of British Columbia



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NAVEL ORANGES

✓ CERTIFIED ORGANIC



Product of California

GREEN KALE

✓ CERTIFIED ORGANIC



Product of California

BEC SUCRE RED BEETS

✓ CERTIFIED ORGANIC



Product of Quebec

BISON DU NORD ONTARIO LEAN GROUND GRASS FED BISON

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ 100% GRASS-FED
- ✓ SUSTAINABLY RAISED
- ✓ AGW CERTIFIED



Product of Ontario

KIPFER FAMILY FARMS ONTARIO BERKSHIRE PORK LEG STEWING CUBES

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



Product of Ontario

SAUSAGE OF THE WEEK

SALT AND PEPPER BISON SAUSAGE

— < > —
\$18.99/LB
\$41.87/KG

SAVE \$3/LB



SEACORE BRAZILIAN TILAPIA FILLETS

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



Product of Brazil • Available Plain, marinated in Garlic & Herb, Korean BBQ or Cajun

ORKNEY ORGANIC SALMON SCOTTISH ATLANTIC SALMON FILLETS

- ✓ CERTIFIED ORGANIC
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLY RAISED



Product of Scotland

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GREENHOUSE SMOOTHIES

- ✓ LOCAL
- ✓ ORGANIC
- ✓ PLANT-BASED

MIX & MATCH

2 FOR \$12
SAVE \$3.98



900 mL



CAFÉ WILLIAM COFFEE

- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED

11⁹⁹

SAVE \$4



340 g



EARTH'S OWN OAT BEVERAGE

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

MIX & MATCH

2 FOR \$7



946 mL



RAINCOAST GLOBAL SKIPJACK TUNA

- ✓ MSC CERTIFIED, DOLPHIN SAFE

MIX & MATCH

2 FOR \$8



142 g



MANITOBA HARVEST HEMP HEARTS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

9⁹⁹



200 g



REBEL GREEN LAUNDRY DETERGENT

- ✓ ORGANIC
- ✓ MADE IN CANADA, LEAPING BUNNY CERTIFIED

22⁹⁹

SAVE \$6



2 L

PATIENCE TART CHERRY JUICE

- ✓ ORGANIC
- ✓ 100% PURE

11⁹⁹



946 mL



NATURE'S PATH PROTEIN GRANOLA

- ✓ CERTIFIED ORGANIC
- ✓ VEGAN

8⁹⁹



284 g



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ORGANIC potato chips
HUMBLE

Local
SPOTLIGHT

POTATO CHIPS

Made to taste familiar. Made to feel right. Nothing extra. Humble potato chips use thoughtful ingredients starting with certified organic potatoes. Flavours come from real seasonings and if it doesn't add to the flavour, it doesn't make it in. That means you feel good while you're eating and feel fine after.

- 135G
- ORGANIC
- GLUTEN-FREE

**LOCALLY
MADE
GUELPH
ONTARIO**

2 FOR \$7
MIX & MATCH
SAVE \$2.98



"Rumbles" not included

ALICIA AND JEFF LAHEY



After years working in the snack food industry, Alicia and Jeff built Humble with one simple goal: Make a chip that felt as good as it tasted — starting with organic potatoes and clear, upfront ingredients. Jeff and their son Wilder have both been chief taste testers from the beginning. One brings enthusiasm. The other brings standards. If it passes both, it makes it into the bag.



SO YAM GOOD

SPK PICKLED BANANA PEPPERS

- ✓ MADE IN-HOUSE

3⁹⁹

225 G (Drained Weight)



SMALL SOUP AND WRAP COMBO

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

14⁰⁰

SAVE \$4

Various



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NORA SEAWEED SNACKS

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

MIX & MATCH

2 FOR \$10



28 g - 32 g

FLOW WATER

- ✓ LOCAL
- ✓ NATURALLY ALKALINE

3 FOR \$8

SAVE \$2.47

MIX & MATCH



1 L

MAPLE3 MAPLE WATER

- ✓ ORGANIC

2 FOR \$8

1 L



RX BARS ENERGY BARS

- ✓ GLUTEN-FREE

MIX & MATCH

2 FOR \$7



52 g - 55 g

LUNDBERG THIN STACKERS

- ✓ ORGANIC
- ✓ GLUTEN-FREE

6⁹⁹

168 g



CHA'S ORGANICS COCONUT MILK

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

3 FOR \$8

400 mL - 405 mL



ALTER ECO CHOCOLATE BARS

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

MIX & MATCH

2 FOR \$10



75 g - 84 g

MUIR GLEN TOMATOES

- ✓ ORGANIC
- ✓ GLUTEN-FREE

6⁹⁹

796 mL



LÄRABAR ENERGY BARS

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

3 FOR \$7

45 g - 48 g

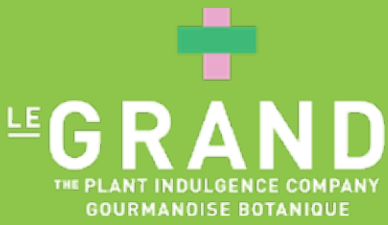


MIX & MATCH

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Plant-Based SPOTLIGHT

MAC 'N CHEEZE SAUCE

Le Grand Mac n Cheese Sauce is a rich, creamy plant-based twist on a comfort food classic. Made with cashews, potatoes and carrots, this dairy-free, sugar-free, gluten-free sauce is perfect for mac and cheese, delicious on veggies and nachos and great on just about anything that could use a creamy, cheesy boost.

- 227 G
- NON-GMO PROJECT VERIFIED
- GLUTEN-FREE

5⁹⁹



MADE IN

CANADA

BERNARD LE GRAND AND TATIANA BOSSY



Since 1997, founders Bernard LeGrand and Tatiana Bossy have brought Maison LeGrand into Canadian kitchens with fresh, vibrant 100% plant-based foods. With Bernard creating inspired recipes and Tatiana leading the business, their shared mission is to make healthy, delicious products with quality ingredients, no preservatives and a love of plants for people and planet.

RISE KOMBUCHA

- ✓ ORGANIC
- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



7⁹⁹

1 L

MILLSIE CASHEW DIPS

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



7⁹⁹

185 g

THE A2 MILK COMPANY 2% OR 3.25% MILK

- ✓ MADE WITH 100% CANADIAN MILK



7⁴⁹

2 L

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TWO BEARS LATTE

✓ LOCAL

MIX & MATCH

2 FOR \$7

207 mL - 250 mL

AMY'S BOWLS OR ENTREE'S

✓ MADE WITH ORGANIC INGREDIENTS

8⁹⁹

234 g - 283 g

TOFURKY DELI SLICES

✓ NON-GMO PROJECT VERIFIED
✓ VEGAN

4⁹⁹

156 g

HEMP SEEDS

✓ CERTIFIED ORGANIC

2⁶⁹
100 G
26.90 KG

Product of Canada

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

RAW CASHEW PIECES

✓ CERTIFIED ORGANIC

1⁹⁹
100 G
19.90 KG

Product of India

PINTO BEANS

✓ CERTIFIED ORGANIC

49¢
100 G
4.90 KG

Product of USA

HULLED BARLEY

✓ CERTIFIED ORGANIC

29¢
100 G
2.90 KG

Product of Canada

MIX & MATCH ANY CROSSWIND FARM CHEESE 2 FOR \$20!

CROSSWIND FARM GOAT CHEDDAR

Local
A Sweet Potato favourite! We are so happy to showcase all The Crosswind Farm products. All produced in small batches, from their own goats. The Goat cheddar is rich and complex with a slightly sweet finish.

2 FOR \$20

OR \$10.99 EACH



200 g • Product of Ontario

CROSSWIND FARM GOAT FETA

Local
The farmstead feta is a top seller, if you haven't tried the tomato and basil one, here's the perfect opportunity! perfect balance of tangy and salty.

2 FOR \$20

OR \$10.99 EACH



250, 300 g • Product of Ontario

CROSSWIND FARM FRESH CHEVRE

Local
The fresh chevre is incredible, soft, fluffy, mild and creamy, available in a variety of flavours.

2 FOR \$20

OR \$10.99 EACH



250 g • Product of Ontario

CROSSWIND FARM REGULAR AND SMOKED GOUDA

Local
The regular gouda is a great introduction to goat cheese, mild sweet, more body in the smoked variety.

2 FOR \$20

OR \$10.99 EACH



200 g • Product of Ontario

MORE DEALS IN-STORE

108 VINE AVE • MON-SAT 9-8 • SUN 10-8

FREE CUSTOMER PARKING AT 162 VINE AVE

(PLUS HELP CARRYING YOUR GROCERIES OUT TO YOUR CAR!)



Parking lot is for customers only. Loiterers will be ticketed. We appreciate your help keeping the shopping experience sweet for everyone!



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

