

THE SWEET POTATO

Bringing healthy food to everyone!

APR 2 - 9, 2026

BUY CANADIAN



DOWNEY FARMS YELLOW POTATOES

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

1⁷⁹
LB
3.95 KG

Product of Ontario

BOSC PEARS

- ✓ CERTIFIED ORGANIC

2⁴⁹
LB
5.49 KG

Product of Washington

YORKSHIRE VALLEY FARMS ONTARIO ORGANIC WHOLE TURKEY

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

5⁹⁹
LB
13.21 KG

Product of Ontario



EASTER HOURS

Fri, April 3rd	-CLOSED-
Sat, April 4th	9AM-8PM
Sun, April 5th	-CLOSED-
Mon, April 6th	9AM-8PM

THE SWEET POTATO

GOOD VIBES JUICE CO. WELLNESS SHOTS

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ VEGAN
- ✓ MADE WITH ORGANIC INGREDIENTS

3 FOR \$8

SAVE \$3.97

50 mL

MIX & MATCH



STEPHANO'S SECRET STASH GRANOLA

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

6⁹⁹

372 g



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PUR DELYS CARROTS 2LB BAG

✓ CERTIFIED ORGANIC



2 FOR \$5
OR \$2.99 EACH

908g • Product of Quebec

ST DAVID'S HYDROPONICS EGGPLANT

✓ LOCAL
✓ HYDROPONIC



3²⁹
LB
7.25 KG

Product of Ontario

MINI CUCUMBERS

✓ CERTIFIED ORGANIC



3⁹⁹

Each • Product of USA

SAUSAGE OF THE WEEK

CLASSIC BREAKFAST PORK SAUSAGE

— ♦ —
\$6.99/LB \$15.41/KG



ROYAL GALA APPLES

✓ CERTIFIED ORGANIC



2⁴⁹
LB
5.49 KG

Product of Argentina

BERETTA FARMS ALBERTA BEEF STRIPLOIN STEAKS

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



33⁹⁹
LB
74.93 KG

Product of Alberta

BISON DU NORD ONTARIO LEAN GROUND GRASS FED BISON

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



17⁹⁹
LB
39.66 KG

Product of Ontario

KIPFER FAMILY FARMS ONTARIO BERKSHIRE BONE-IN PORK RIB CHOPS

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



9⁹⁹
LB
22.02 KG

Product of Ontario

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ORKNEY ORGANIC SALMON SCOTTISH ATLANTIC SALMON FILLETS

- ✓ CERTIFIED ORGANIC
- ✓ HIGH IN OMEGA-3 FATTY ACIDS

- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLY RAISED

26⁹⁹
LB
59.50 KG



Product of Scotland

SEACORE BRITISH COLUMBIA HALIBUT FILLETS

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

47⁹⁹
LB
105.80 KG



Product of British Columbia

FOUR TREES EXTRA VIRGIN OLIVE OIL

- ✓ LOCAL
- ✓ ORGANIC

14⁹⁹



500 mL

PACIFIC BROTH

- ✓ ORGANIC

MIX & MATCH

2 FOR \$10



946 mL - 1 L

LUNDBERG WILD RICE BLEND

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

8⁹⁹



454g

SOBER CARPENTER NON ALCOHOLIC BEER & CIDER

- ✓ LOCAL
- ✓ ALL-NATURAL

MIX & MATCH

2 FOR \$6



473 mL

STASH TEA

- ✓ NON-GMO PROJECT VERIFIED

MIX & MATCH

2 FOR \$10



18 ct - 20 ct

SIMPLY ORGANIC VANILLA EXTRACT

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ NON ALCOHOL VARIETY INCLUDED

14⁹⁹
SAVE \$5



59 mL



Local SPOTLIGHT

PUMPKIN SEED BUTTER

Forget the best thing since sliced bread; this is the best thing on sliced bread! Made with Ontario Grown Pumpkin Seeds, this pumpkin seed butter is creamy, flavourful, and delicious!

- 365 G
- NON-GMO
- GLUTEN-FREE

8⁹⁹



LOCALLY MADE BRANTFORD ONTARIO

SAM ABRAMS

Our good friend Sam started Nuts to You in Paris, Ontario over 35 years ago with a simple mission: produce the finest nut butters in all the lands with no added sugars, hydrogenated oils, or any of the other stuff commonly found in mass market products. Now produced in Brantford, Ontario, Nuts to You produces a wide variety of nut and seed butters, creating a simple, tasty alternative for everyone!



SO YAM GOOD

ALL SPK SAVOURY PIES (FRESH OR FROZEN)

✓ MADE IN-HOUSE

ALL 3-PACK BAKED SAMOSAS WITH GREEN GODDESS DRESSING

14⁹⁹

SAVE \$5



780 - 830 G • Includes Chicken Pot Pie, Steak and Mushroom Pie, Vegan Pot Pie, Salmon Leek Pie, Tourtiere. While Quantities Last

5⁹⁹

SAVE \$1.5



210G and 59ML - 260G and 59ML • Varieties include Chicken, Vegetable, Baked Spinach and Tofu. While Quantities last

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CAMINO COCOA POWDER

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



13⁹⁹

224 g



WHOLESOME GOLDEN SUGAR

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



8⁹⁹

907 g

PRANA WALNUTS

- ✓ ORGANIC
- ✓ GLUTEN-FREE



11⁹⁹

180 g



NUTS TO YOU SUNFLOWER SEED BUTTER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



7⁹⁹

500 g



ELMHURST NON DAIRY BEVERAGES

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



7⁹⁹

946 mL

SIMPLY ORGANIC GRAVY MIX

- ✓ ORGANIC



2 FOR \$5

24 g - 28 g

COVE PROBIOTIC SODA

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ ZERO SUGAR / CAFFEINE FREE

MIX & MATCH



3 FOR \$7

355 mL



LILY'S CHOCOLATE BARS

- ✓ NO SALT ADDED
- ✓ FAIR TRADE CERTIFIED
- ✓ GLUTEN-FREE
- ✓ NO SUGAR ADDED



5⁹⁹

80 g - 85 g

CABOO PAPER TOWELS

- ✓ NON-GMO PROJECT VERIFIED
- ✓ 100% TREE FREE



4⁹⁹

2 ct



Plant-Based SPOTLIGHT

BEAN SNACKS

Three Farmers' Bean Snacks are a snack you can feel good about! High in protein and fibre and low in saturated fat, this plant-based protein snack will keep you and your family energized throughout the day.

- 120 G - 140 G
- NON-GMO
- GLUTEN FREE
- PEANUT FREE

2 FOR \$8
MIX & MATCH



NATASHA & ELYSIA VANDENHURK



Three Farmers is a real deal family business with three farmers and two sisters at the heart. It started one late night in a Canadian, small town curling rink. A few hours of farmer talk, one whiskey too many, a dream, and the rest is history!

TOFURKY ROAST W/ WILD RICE STUFFING

- ✓ NON-GMO
- ✓ VEGAN



18⁹⁹

SAVE \$5

736g

ORGANIC MEADOW 35% WHIPPING CREAM

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



6⁹⁹

500 mL

SKOTIDAKIS 0% GREEK YOGURT

- ✓ LOCAL



7⁹⁹

908g

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YOGGU! COCONUT YOGURT

- ✓ GLUTEN-FREE
- ✓ VEGAN



7⁹⁹

450 g

STAHLBUSH VEGETABLES

- ✓ GLUTEN-FREE
- ✓ ORGANIC & NON-GMO VARIETIES INCLUDED. RICED CAULIFLOWER EXCLUDED



2 FOR \$8

198 g - 350 g

NUTS FOR CHEESE CASHEW CHEESE WEDGE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



9⁹⁹

120 g

RAW WALNUTS

- ✓ CERTIFIED ORGANIC



2⁴⁹
100 G
24.90 KG

Product of USA

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

THOMPSON RAISINS

- ✓ CERTIFIED ORGANIC



99¢
100 G
9.90 KG

Product of USA

TRI-COLOUR QUINOA

- ✓ CERTIFIED ORGANIC



1¹⁹
100 G
11.90 KG

Product of Bolivia

RAW SUNFLOWER SEEDS

- ✓ CERTIFIED ORGANIC



89¢
100 G
8.90 KG

Product of Bulgaria

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KRINOS SAGANAKI

Greek Town Saganaki is an exciting new way of serving grilled cheese. Made with cow & goat milk, Saganaki is a mouth watering, golden treat of pan-seared cheese fried in olive oil, served bubbly hot with a spritz of lemon and a crack of pepper all on fresh bread.



5⁹⁹

110 g • Product of Canada

ETORKI

Etorki is a semi-firm, pasteurized sheep's milk cheese from the French Basque region. It is renowned for its smooth, velvety texture and a mild, sweet, nutty flavour



7⁰⁹
100 G
70.90 KG

SAVE \$10/KG

Product of France

CATHERINE'S ANTIPASTO ORIGINAL OR HOT

Local Catherine's Original Antipasto, handmade in Ontario, is the perfect addition to your cheese plate or charcuterie board, or is delicious served with crusty bread or crackers.



9⁴⁹

SAVE \$1.50

375 ml • Product of Canada

TASTE REPUBLIC SPINACH & CHEESE RAVIOLI

Made with brown rice flour and Wisconsin cheese, this Spinach & Cheese Ravioli is crafted to deliver on both taste and texture



7⁴⁹

SAVE \$2.50

255 g • Product of USA

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

