

Come on in!

Quality, value, and freshness guaranteed.



FARM BOY



Boneless, Skinless Chicken Breast
fresh, family pack size, product of Canada

SAVE \$2.00
5.99 /lb
13.21/kg



Fresh Atlantic Salmon Steaks
product of Canada, available at all stores except Blue Heron Mall

SAVE \$3.00
8.99 /lb
19.82/kg



Black, Green, or Red Extra Large Seedless Grapes
no. 1 grade, product of Chile

3.99 /lb
8.80/kg



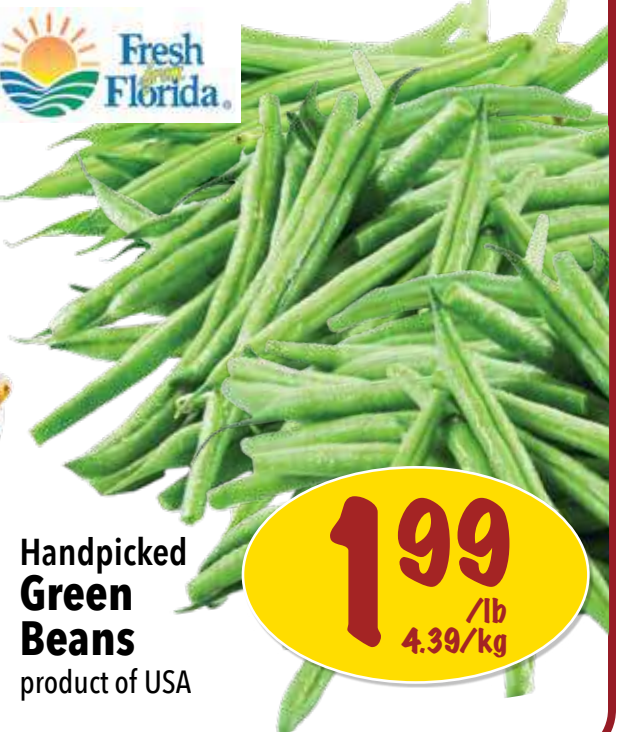
Aqua Star Tempura Shrimp
\$12.99/pkg, frozen, includes sauce, 340 g

BUY ONE, GET ONE FREE!



Farm Boy™ Dumplings
all varieties, 500 g

SAVE \$2.50
4.99 ea



Handpicked Green Beans
product of USA

1.99 /lb
4.39/kg



Fresh & Flaky Croissants
select varieties, pkg of 4-6 regular or 10-12 minis, 272-480 g

SAVE \$1.00-\$2.00
3.99 /pkg



Brandt Oven Roasted Chicken Breast
sliced fresh at our Deli Counter

SAVE \$0.50
2.99 /100 g



St-Albert Dairy Co-Op Fresh White Cheese Curds
product of Canada

SAVE \$0.30
2.99 /100 g



Farm Boy™ Fattoush Chips
all varieties, 190 g

SAVE \$1.02
3.97 ea



Oikos Greek Yogurt
all varieties, 650-750 g

SAVE \$1.61
5.88 ea



Farm Boy™ Skipjack Tuna
Chunk or Flake, in Oil or Water, 170 g

SAVE \$0.82
3/5.00



Farm Boy™ Flavored Sparkling Water
all varieties, 12x355 ml

SAVE \$1.00
5.99 /pkg



Burnbrae Farms Omega-3 Eggs
Canada grade A, select varieties, pkg of 12

SAVE \$0.60-\$1.30
5.99 /pkg



Dempster's Grain Breads
all varieties, 600 g

SAVE \$1.50
2.99 ea

SPRING INTO FRESHNESS

FRESH SPECIALS IN EFFECT
Thursday, April 25 to Wednesday, May 1, 2024.

Prices valid at all Farm Boy stores. Specials subject to availability. Visit us in-store for many more great specials. Visit farmboy.ca for store addresses and hours. Not all products available at all stores.



Scan here for our full digital flyer

farmboy.ca
@officialfarmboy

Meat & Seafood Market



Fresh Chicken Drumsticks
skin-on, air-chilled,
product of Ontario



SAVE \$1.50

2.99 /lb
6.59/kg

Fresh Pork Back Ribs
product of Canada



SAVE \$4.00

4.99 /lb
11.00/kg



Cut from Canada AAA Beef Whole Beef Tenderloin
cryovac pkg, average size of 1.9 kg,
naturally aged a minimum of 21 days

HOT DEAL!

19.99 /lb
44.07/kg



Farm Boy™ Wagyu Beef Frankfurters
375 g

SAVE \$1.00

7.99 /pkg

Chef's Market

Canadian Cookout Classic!

Succulent, fall-off-the-bone ribs are smothered in a delicious maple and molasses-infused barbecue sauce for a uniquely Canadian flavour. Ready in as little as 15 minutes, just boil, bake, or grill for tasty, tender ribs in a flash!



Farm Boy™ Maple BBQ Pork Back Ribs
800 g

SAVE \$2.00

14.99 ea



El Sabroso Guacamachip or Salsitas
284 g

SAVE \$1.00

4.99 ea



Dempster's 7" Tortillas
all varieties,
272-340 g

SAVE \$1.00

3.49 ea



Gay Lea Nordica Cottage Cheese
all varieties, 450-500 g

SAVE \$1.05

4.44 ea



Portuguese Custard Tarts
Original or Chocolate,
pkg of 6, 450 g

SAVE \$2.00

6.99 /pkg



Ilios Flavoured Salmon
all varieties, 120 g

SAVE \$2.50

3.49 ea



Elmhurst Plant-Based Beverages
all varieties, 946 ml

SAVE \$1.00

6.99 ea



Neilson TruTaste Milk
select varieties, 2 L

SAVE \$0.70

4.99 ea



Smoked Emmental
cut or sliced at our Cheese Counter

HOT DEAL!

3.49 /100 g

FRESH produce arriving daily!



Bosc or Forelle Pears
extra fancy grade,
product of South Africa

1.97 /lb
4.34/kg



Seedless Watermelon Quarters
product of USA

1.49 /lb
3.28/kg



Honeycrisp Apples
Canada fancy grade,
product of Canada

2.49 /lb
5.49/kg



White Potatoes
no. 1 grade,
product of USA

4.97 /bag



Green Onions or Bunched Radishes
no. 1 grade, product of Mexico/USA

.99 ea



Medley Tomatoes
Canada no. 1 grade,
product of Canada

2/5.00



Mini Cucumbers
Canada no. 1 grade,
product of Canada

2/5.00



Vine-Ripened Tomatoes
Canada no. 1 grade,
product of Canada

1.88 /lb
4.14/kg



Fieldless Salad Blends
all varieties, product
of Canada, 142 g

4.99 /pkg

In case of discrepancy between the picture and the text, the text will always be deemed correct. We reserve the right to limit quantities, while supplies last. Product selection may vary by store.

PLEASE VISIT FARMBOY.CA FOR A FULL LIST OF STORE ADDRESSES TO FIND A LOCATION NEAR YOU!

See in store for more great savings!

Farm Boy™

Grab & Go Handhelds

Looking for a quick and tasty bite to eat? Stop by our hot bar and grab classics like hot dogs, Italian Sausage or our iconic smashburgers, all made fresh in-store daily!

*Available while quantities last during lunch and dinner hours



Italian Sausage

3.99
ea

TWO HOT DOGS

Hot Dogs

2/5.00

Smash Burgers

2/10.00
or 5.99 ea

Farm Boy™

Halifax-Style Donairs

Packed with shaved roast beef, savoury spices, creamy sauce, tomatoes, and onions, swing by the Hot Bar for our version of this Halifax classic. Prepared fresh by our chefs daily, enjoy it with one of our crisp salads for a well-rounded meal to-go!

*Available while quantities last during lunch and dinner hours



7.99
ea



Made from SCRATCH

SAVE \$0.50

5.49
/pkg

Farm Boy™ Homestyle Muffins

baked in-store, all varieties, pkg of 6, 460-510 g



SAVE \$1.00

7.99
ea

Casa Italia Diced Pancetta Style Bacon

200 g



SAVE \$1.00

2.49
/100 g

Imported Dutch Gouda

select varieties, sliced fresh at our Cheese Counter, product of the Netherlands



SAVE \$0.50

3.99
ea

Farm Boy™ Baguette Crisps

all varieties, 142 g



SAVE \$1.00

3.99
/pkg

Farm Boy™ Instant Oatmeal

all varieties, pkg of 6



SAVE \$1.00

4.99
ea

Les Caprices d'Antan Salad Dressing

all varieties, 250 ml



SAVE \$10.00

39.99
ea

Farm Boy™ Protein Powder or Nutritional Shakes

all varieties, 800 g

organic



LOCAL

SAVE \$1.00

7.99
ea

Farm Boy™ Kombucha

all varieties, 1.1 L



SAVE \$1.00

6.99
ea

Farm Boy™ Phyllo Bites

all varieties, 454 g



LOCAL

organic

SAVE \$0.50

7.49
ea

Ivy Plants
Locally grown!
various varieties,
4" pot

4.99
ea

Aromatic Basil
5.5" pot

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SPRING INTO FRESHNESS

Farm Boy™

Family Sized Salads

Loaded with fresh veggies and savoury toppings, these crisp salads are an excellent value-buy that will feed the whole family! Pair this convenient, grab-and-go option with delicious proteins, sandwiches, pizzas, and more. A packet of zingy Farm Boy dressing is included with each salad.



Farm Boy™

Cut & Washed Salad Blends

Prepared fresh by us with only the highest quality produce for long-lasting freshness! Enjoy our ready-to-mix salads with your favourite seasonal fruits, crunchy additions, savoury toppings, and a vibrant vinaigrette or dressing for a satisfying side or main!

Farm Boy™

Personal Salads

We've got a delicious selection of individual-sized salads that will make mealtimes a breeze! Made daily by us, they're full of fresh veggies and greens, tasty toppings, and include one of our signature dressings. From our vibrant Greek Salad to a classic Cobb Salad, enjoy convenient, chef-prepared dishes on-the-go.

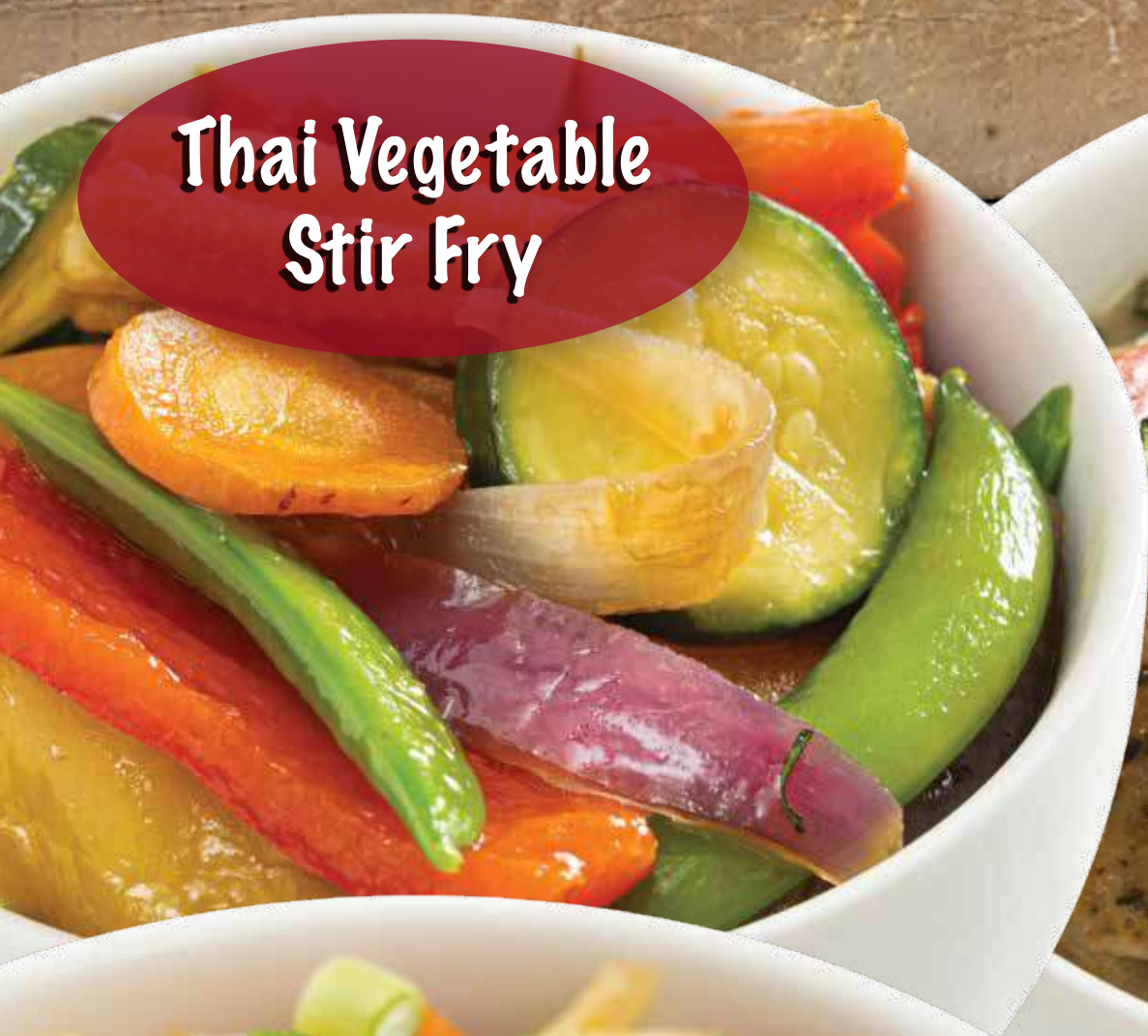
Monthly Hot Bar Menu



TASTE OF THAILAND

Enjoy made-from-scratch dishes prepared fresh daily by our chefs for your convenience. From comforting classics to globally inspired favourites, they're guaranteed to satisfy!

Thai Vegetable Stir Fry



Turkey Meatballs in Green Curry



Pad Thai



Vegetarian Spring Rolls





INDULGENCE DINNER FOR 2

Enjoy a four-course gourmet menu designed by our chefs and inspired by some of our favourite flavours! Simply pre-order online or in-store for pickup, follow the heating instructions, and enjoy!



Cinco De Mayo



Our new Indulgence Dinner for 2 is muy caliente! With a four-course menu that's a fresh take on delicious tradition, it's a feast for the senses inspired by Mexican cuisine.

MENU



Baja Shrimp Cocktail

Pico de Gallo Cocktail Sauce,
Herbed Black Tiger Shrimp

Tortilla Soup

Lime Feta Crema, Crispy Tortilla Strips

Chipotle Pollo Asado with Roasted Chunky Salsa

Chipotle Butter, Cilantro Rice
& Zucchini a la Mexicana

Mole-inspired Chocolate Brownie

Choco-mole Sauce,
Cinnamon No-Churn Ice Cream



25 MINUTES REHEATING

ORDERS CLOSE: **\$89.99** PICK-UP DATE: Saturday, May 4th
Wednesday, May 1st

ORDER IN-STORE OR ONLINE ~ WHILE QUANTITIES LAST! | FARMBOY.CA



Mother's Day Brunch

GENEROUSLY SERVES 4

Gazpacho Salad

Pepper Medley, Mini Bocconcini,
Balsamic Vinaigrette

Eggs Benedict Bake

English Muffins, Peameal Bacon,
Sauce Choron

Slow Roasted Tomatoes and Breakfast Sausages

Cheesy Shredded Potato Hash

Fiesta Cheese,
Mesquite Roasted Potatoes and Peppers

Lemon Ricotta Cake

Lemon Whipped Cream and Mixed Berries

25 MINUTES REHEATING

\$119⁹⁹

ORDERS CLOSE:

Wednesday, May 8th

PICK-UP DATE:

Sunday, May 12th

Order In-Store & Online
WHILE QUANTITIES LAST!

FARMBOY.CA



LONG WEEKEND
Picnic Feast

GENEROUSLY SERVES 4

**Tex-Mex Chicken Wings with
Farm Boy™ Smokehouse
BBQ Sauce**

**BBQ Monterey Jack
Chicken Sausage with
House-made Sausage Buns**

**Garden Salad with
Lemon-Lime Dressing**

Picnic Pasta Salad

Banoffee Pie

20 MINUTES REHEATING

\$99.99

**ORDERS
CLOSE:
Wednesday,
May 15th**

**PICK-UP
DATE:
Saturday,
May 18th**

**Order In-Store & Online
WHILE QUANTITIES LAST!**

FARMBOY.CA



*in*Season

Spring Edition 2024



The Spring Edition of our
Digital Magazine is out now!

[View Online](#)

