

Come on in!



Quality, value, and
freshness guaranteed.



Fresh
**Broccoli
Bunches**
product of USA

2/5⁰⁰



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

SAVE
\$1.00

2⁹⁹
/lb
6.59/kg



Sweet & Juicy
Blueberries
No. 1 Grade, product
of Argentina/Chile/Mexico, 170 g

2/5⁰⁰



Fresh
**Pork
Back Ribs**
cryovac pkg,
product of Canada

SAVE
\$4.00

4⁹⁹
/lb
11.00/kg



Liberté
**Greek
Yogurt**
all varieties,
650-750 g

SAVE
\$1.52

6⁴⁷
ea



Fresh
**Tilapia
Fillets**
boneless, available
at all stores except Blue Heron Mall

SAVE
\$4.00

7⁹⁹
/lb
17.61/kg



From the Bake Shop
**Sourdough
Batard**
540 g

SAVE
\$1.00

3⁹⁹
ea



Brandt
**Smoked Honey
Maple Ham**
sliced fresh at our Deli Counter

SAVE
\$0.50

2⁴⁹
/100 g



**Smoked
Emmentaler**
cut or sliced fresh at
our Cheese Counter

SAVE
\$0.50

2⁹⁹
/100 g

Organic



Farm Boy™
**Non-GMO
Beans**
all varieties, 398 mL

SAVE
\$0.99 ea

2/4⁰⁰



Farm Boy™
Perogies
all varieties,
frozen, 454 g

SAVE
\$1.50

3⁹⁹
ea



JUMBO
BAG

Farm Boy™
**Himalayan Pink
Salt Popcorn**
320 g

SAVE
\$1.00

4⁹⁹
ea



Dempster's
Bagels
all varieties,
pkg of 6, 450 g

SAVE
\$1.24

3²⁵
/pkg



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

SAVE
\$0.71-\$1.41

5⁸⁸
/pkg



Simply Protein
Snack Bars
all varieties, 5x25 g

3⁹⁹
/pkg

HOT DEAL!



Scan here
for our full
digital flyer

farmboy.ca
@officialfarmboy
f i l n p d

FRESH SPECIALS IN EFFECT
Thursday, January 9 to Wednesday, January 15, 2025.
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.

Meat & Seafood Market



Cut from Canada AAA Beef Boneless Beef Blade Roast
aged a minimum of 21 days

SAVE \$1.00
10⁹⁹ /lb
24.23/kg



Hayter's Farm Extra Lean Ground Turkey
product of Ontario, 450 g

LOCAL
SAVE \$1.00
5⁹⁹ /pkg



Cut from Canada AAA Beef Flank Grilling Steaks
aged a minimum of 28 days

SAVE \$3.00
15⁹⁹ /lb
35.25/kg



Marinated Shrimp Skewers
previously frozen, all varieties, 60 g

GOOD CATCH
SAVE \$0.50
1⁹⁹ /skewer

Chef's Market

Wholesome Dipping

Creamy and packed with protein, our hummus is made with natural flavours and simple ingredients like plump chickpeas and rich tahini. Enjoy them with your favourite crackers and breads for a satisfying snack!



organic
SAVE \$1.00
3⁹⁹ ea

Farm Boy™ Hummus
available in Beet, Original, or Tunisian Style, 210 g



Ilios Extra Virgin Olive Oil
750 mL

SAVE \$6.00
11⁹⁹ ea



Farm Boy™ Gnocchi
select varieties, 500 g

LOCAL
SAVE \$0.50
1⁹⁹ ea



Farm Boy™ Cream Cheese Spread
250 g

LOCAL
SAVE \$1.61
3⁸⁸ ea



Farm Boy™ Jumbo Muffins
all varieties, pkg of 4, 540-640 g

Made From SCRATCH
SAVE \$1.00
5⁹⁹ /pkg



Amy's Kitchen Soups
all varieties, 398 mL

SAVE \$1.00-\$1.50
4⁴⁹ ea



Stonemill Bakehouse Honest Wellness Breads
all varieties, 454-600 g

NATURALLY FERMENTED
SAVE \$1.50
3⁹⁹ ea



Califia Farms Almond Beverages
all varieties, 1.4 L

SAVE \$1.00
5⁹⁹ ea



Imported Landana Maasdam
cut or sliced at our Cheese Counter, product of Netherlands

SAVE \$0.50
2⁹⁹ /100 g

FRESH produce arriving daily!



1 DRY PINT
2⁹⁹ /pkg

Grape Tomatoes
No. 1 Grade, product of Mexico/USA



Arte* Salad Kits
all varieties, product of Canada/Mexico/USA, 315-359 g

4⁹⁹ /pkg



Baby Carrots
No. 1 Grade, product of USA, 340 g

2/3⁰⁰



3⁹⁹ /lb
8.80/kg

Large Nectarines or Peaches
No. 1 Grade, product of Argentina/Chile



2⁹⁹ ea

Dragon Fruit or Pomegranates
product of Ecuador/Vietnam



3⁹⁹ /pkg

Fresh & Juicy Kiwis
product of Greece, 600 g



3 lb BAG
4⁹⁴ /bag

Juicy Lemons
product of USA



2⁴⁹ /lb
5.49/kg

SweetTango Apples
Canada Fancy Grade, product of Annapolis Valley, Nova Scotia



2¹¹ /lb
6.11/kg

Blood Oranges or Cara Cara Oranges
product of USA

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™
**Gluten-Free
Fresh Pasta**

Our gluten-free fresh pasta is crafted locally in small batches to ensure the most authentic taste and texture. Ready in minutes, enjoy Ravioli or Tortellini with our Farm Boy™ Fresh Pasta Sauces or Pestos.

\$8.99 ea, 300 g



Farm Boy™
**Cherry
Whiskyless Sour**

Inspired by classic favourites, our Zero Proof Cocktails taste just like the real thing—minus the alcohol! Perfectly tart and balanced, enjoy our NEW Cherry Whiskyless Sour on the rocks with a fresh fruit garnish. Also available in other varieties like Mojito, Moscow Mule, and Paloma, they're naturally flavoured and sweetened with cane sugar.

\$2.49 ea, 355 mL



PKG
OF 6

SAVE
\$0.50

Kaiser Rolls
pkg of 6, 370 g

3.99
/pkg



LOCAL

SAVE
\$1.00

Farm Boy™ Naturals
Roast Beef
sliced fresh at our
Deli Counter

3.49
/100 g



SAVE
\$0.50

**Oka
Cheese**

Aged, Plain, or Raclette,
sliced fresh at our
Cheese Counter

4.89
/100 g



SAVE
\$1.01

Farm Boy™
Breadcrumbs

all varieties,
227-425 g

1.98
ea



SAVE
\$0.50

Farm Boy™
**Baguette
Crisps**

all varieties, 142 g

3.99
ea



SAVE
\$0.74 ea

Farm Boy™
**Retro
Soda-Pop**

all varieties, 355 mL

4/5.00



SAVE
\$0.61

Frankie's
Puffs
BBQ, Jalapeño,
or White Cheddar,
120-140 g

2.88
ea



SAVE
\$1.00

Amy's Kitchen
**Frozen
Entrées**

all varieties, 269-284 g

6.99
ea



LOCAL

SAVE
\$2.00

Greenhouse
Boosters
all varieties,
4x60 mL

11.99
/pkg



SAVE
\$2.00

**Bold
Thinkers**
Air plants

14.99
ea

SAVE
\$5.00

**Long-Stem
Roses**

50 cm stems, many
colours to choose from

19.99
/dozen

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Plant-Based Delights!



Farm Boy™ Vegan Cheese Style Alternatives

Remarkably similar in taste and texture to traditional cheeses, our plant-based alternatives are perfect for your favourite recipes and dishes. Enjoy our Vegan Cheese Style Alternatives in varieties like Cheddar, Feta, Mozzarella, Parmesan, and Provolone any time you want to satisfy a cheesy craving without the dairy!



Farm Boy™ Vegan Cupcakes, Muffins, or Vegan Loaf Cakes

Crafted locally in small batches for the best quality, our Vegan Cupcakes and Muffins are free of artificial colours and flavours. Made with fruit purees, oats, turmeric, and more, they're a wholesome, satisfying snack. Baked fresh daily, indulge in our Vegan Double Chocolate or Lemon Blueberry Loaf Cakes, made with real ingredients like blueberries and cocoa powder.

Farm Boy™ Plant-Based Cream Cheese-Style Spreads

These dairy-free, plant-based spreads are made with simple, organic ingredients like cashews, fresh herbs, garlic, and lemon juice. Deliciously creamy, rich, and tangy, they're perfect for bagels, toast, pasta recipes, and more. Try them in Original, Garlic & Chive, or Lemon Jalapeño!



Farm Boy™ Vegan Kung Pao or Tikka Masala Meals

Deliciously convenient and satisfying, our globally inspired dishes are full of aromatic spices, plant-based proteins, and wholesome veggies on a bed of basmati or jasmine rice. Just follow the heating instructions and serve!



Persimmon, Beet, & Radicchio Salad

 **PREP:**
30 mins

 **COOK TIME:**
45 mins

 **SERVES:**
6

 **DIFFICULTY:**
Easy

[View Full Recipe Online](#)

Ingredients

6 small assorted beets

(red, yellow, candy cane), trimmed

1 blood, navel, or Cara Cara orange

1 pink grapefruit

2 tangerines or clementines

2 ripe but firm Fuyu persimmons,
stemmed and cut into wedges

2 cups tender greens, baby arugula,
or 1 bunch watercress

1/2 small head radicchio, leaves torn

Farm Boy™ Simply 6 Red Wine Vinaigrette to taste

Farm Boy™ Fleur de Sel and black pepper to taste

1/2 cup pomegranate arils

Directions

1 Preheat oven to 425°F.

2 Wrap beets in foil and place on sheet pan. Bake until tender, about 45 minutes. Let them cool and then peel and cut into rounds or wedges.

3 Using a sharp knife, cut peels and pith from citrus. Slice tangerines into rounds. Working over a bowl to catch juices, cut between membranes of orange and grapefruit to remove segments. Squeeze juice from membranes into the bowl and reserve.

4 Place greens, radicchio, and fennel on platter. Arrange beets, persimmons, and citrus over greens and drizzle with 2 tablespoons of reserved juice plus vinaigrette to taste. Finish with pomegranate arils, a pinch of fleur de sel, and black pepper.





The Season's Zest!

Vibrant citrus fruits to brighten up your days.

We are in the heart of vibrant citrus season, a time when oranges, lemons, grapefruits, and more arrive at our stores at their juiciest and most delicious peak.

Alongside familiar favourites, you'll also find some intriguing and tasty varieties that our buyers bring in from the markets each morning. This winter, embrace the sweet, sour, aromatic, and zesty citrus fruits by incorporating them into your dishes to add bursts of bright colour and flavour.

Remember, this seasonal bounty is available for a limited time, so be sure to enjoy it while you can!

Disclaimer: Selected products are subject to availability and may not be available at all stores. Check with one of our Team Members to see if your store carries a particular item.

Blood Oranges

Sweet, berry-like flavour with some tartness.

Notable Qualities: Ruby colour, easy peeling, floral aroma.

Best Way to Enjoy: In hand, or in baked goods, juices, and salads.



Cara Cara Oranges

Sweet, tangy, and candy-like with berry notes.

Notable Qualities: Bright orange rind and reddish-pink flesh.

Best Way to Enjoy: In hand, or in desserts, salads, and savoury dishes.



Juicy Crunch Tangerines

Super sweet and slightly tangy.

Notable Qualities: Crunchy, juicy texture with a bright orange, easy-to-peel rind.

Best Way to Enjoy: In hand, or in cakes and salads.



Sumo Mandarins

Sweet with notes of mandarin and grapefruit.

Notable Qualities: Seedless, easy to peel, and sweet regardless of size.

Best Way to Enjoy: In hand, or in drinks, salads, and vinaigrettes.





Lulu's Culinary Tip:

Incorporate oranges into your dinner roast recipes for a vibrant, aromatic twist that complements seasonal spices and seasonings.



Navel oranges are a well-balanced option, providing a bright sweetness and classic orangey aroma that pairs well with rich, meaty flavours.



For a tart, berry-like complexity, try using blood oranges or grapefruits, which also add a zesty touch to your dishes.



Seville Oranges

Bitter and tart.

Notable Qualities: Rich floral aroma and thick, dimpled rind.

Best Way to Enjoy: Ideal for sauces, marmalades, marinades, and zesting.



Meyer Lemons

Lemon tartness with a touch of mandarin-like sweetness.

Notable Qualities: Thin rind, floral aroma, smaller, rounder, and juicier than regular lemons.

Best Way to Enjoy: Incredibly versatile, use in place of regular lemons for an elevated taste.



Kumquat

Bright, sweet, and tart.

Notable Qualities: Bite-sized with a sweet, fully edible rind.

Best Way to Enjoy: Popular during Lunar New Year, they're great candied, pickled, or pureed in marmalades.

Orri Mandarins

Ultra-sweet with balanced tartness.

Notable Qualities: Aromatic, minimal seeds, and easy to peel.

Best Way to Enjoy: In hand, juiced, or in desserts and salads.



Monthly Hot Bar Menu



WHOLESOME FLAVOURS

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!

Chicken in Broth

Light, comforting,
and perfectly seasoned.

Buffauxlo Chicken

Made with savoury
plant-based protein tossed
in a creamy hot sauce.

Quinoa, Butternut and Kale Pilaf

Nutritious and wholesome
with vibrant spices.

Turkey Meatball Casablanca

Tender turkey meatballs
in a spicy tomato sauce.



Tax Break

The Government of Canada is providing GST/HST relief on certain items starting **December 14, 2024** and ending **February 15, 2025**.
Most basic grocery items are currently GST/HST exempt.

These food and beverage related items will temporarily have no GST/HST charged:

- Prepared foods including sandwiches, salads, vegetable or cheese platters, and pre-made meals;
- Snacks including chips, candy, baked goods, fruit-based snacks, and granola bars;
- Energy bars or drinks, protein bars, drinks or shakes if they meet **all** of the following criteria:
 - Compete directly with other similar products that are not enhanced by protein, caffeine, vitamins, and/or minerals (sold in a similar aisle in a store and are marketed in similar fashion).
 - Considered by the average person to be a food to satisfy hunger/thirst.
 - Considered by Health Canada to be a food/beverage.
- A gift basket that contains food and other items, if **90% or more** of the total value of the basket corresponds to items that would have no GST/HST charged on them if they were supplied separately;





- Non-alcoholic drinks, such as coffee, tea, carbonated drinks, juices, and smoothies;
- Eligible alcoholic beverages:
 - Beer and malt beverages, for example, canned or bottled beer, pitchers of beer.
 - Wine, cider and sake (including fortified) that are 22.9% alcohol by volume (ABV) or less.
- Spirit coolers and premixed alcoholic beverages that are 7% ABV or less;
- A gift basket that contains beverages and other items, if **90% or more** of the total value of the basket corresponds to items that would have no GST/HST charged on them if they were supplied separately.

These items do not qualify:

- Beverages sold from a vending machine;
- Non-eligible alcoholic beverages:
 - Alcoholic spirits and liqueurs.
 - Alcoholic beverages (other than beer, malt beverages, wine, cider, and sake) with more than 7% ABV.
- A gift basket that contains beverages and other items, if **less than 90%** of the total value of the basket corresponds to items that would have no GST/HST charged on them if they were supplied separately;
- Dietary supplements;
- Food sold from a vending machine;
- Other items that do not qualify as food for human consumption (for example, pet food).

