

Come on in!



Quality, value, and
freshness guaranteed.



1 lb
PKG

Sweet & Juicy Strawberries

No. 1 Grade, product of
Mexico/USA, 454 g

3⁹⁹
/pkg



Fresh Pork Back Ribs

cryovac pkg,
product of Canada

SAVE
\$4.00

4⁹⁹
/lb
11.00/kg



PKG
OF 3

Romaine Hearts

product of USA

2⁹⁹
/pkg



Hayter's Farm Extra Lean Ground Turkey

product of Ontario, 450 g

SAVE
\$1.00

5⁹⁹
/pkg



Riviera Petit-Pot or Set-Style Yogurt

select varieties, 4x120 g or 750 g

SAVE
\$1.91-\$2.61

3⁸⁸
ea or
/pkg



Wild Caught Cod Fillets

product of Canada/USA, previously frozen,
available at all stores except Blue Heron Mall

SAVE
\$5.00

10⁹⁹
/lb
24.23/kg



From the Bake Shop Sourdough Batard

540 g

SAVE
\$1.00

3⁹⁹
ea



Blue Danube Smoked Homemade Ham

product of Canada

SAVE
\$0.50

2⁹⁹
/100 g



St-Albert Dairy Co-Op Fresh White Cheese Curds

select varieties,
product of Canada

SAVE
\$0.50

2⁷⁹
/100 g



Solenzi Pasta Sauces

all varieties, 480 mL

SAVE
\$4.00

5⁹⁹
ea



Farm Boy™ Homestyle Lasagna

all varieties, 1.22 kg

SAVE
\$4.00

11⁹⁹
ea



Farm Boy™ Sparkling Beverages

all varieties, 750 mL

SAVE
\$0.61

2⁸⁸
ea



Dempster's Bread

White or 100% Whole
Wheat, 675 g

SAVE
\$0.74

3²⁵
ea



Becel Margarine

all varieties, 427-454 g

SAVE
\$1.30-\$2.00

3⁹⁹
ea



Covered Bridge Storm Chips

284 g

SAVE
\$1.00

4⁹⁹
ea

A FARM BOY
**FRESH
TWIST**

Discover
"A Farm Boy Fresh Twist"
—a fun, fresh-market
shopping experience!

FRESH SPECIALS IN EFFECT

Thurs., January 30 to Wed., February 5, 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.



Scan here
for our full
digital flyer

farmboy.ca
@officialfarmboy

Meat & Seafood Market



Farm Boy™ Chef-Prepped Chicken Breast Schnitzel
made by us, all varieties,
product of Ontario

SAVE
\$2.00
9.99
/lb
22.02/kg



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

SAVE
\$1.00
10.99
/lb
24.23/kg



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

SAVE
\$3.00
15.99
/lb
35.25/kg



Farm Boy™ Cooked Black Tiger Shrimp
12-15 shrimp per bag, frozen,
16-20/lb count, 340 g

SAVE
\$3.00
12.99
/pkg

Chef's Market

"Soup-er" Delicious!

A convenient and delicious customer favourite, this rich, perfectly spiced soup is made from scratch by our chefs daily. It's packed with flavourful ingredients such as curry, ginger, locally grown Jamaican pumpkins, and mango chutney.



Farm Boy™ Curry Pumpkin Soup
680 mL

6.99
ea

TRY A SAMPLE FEB. 1 AND 2



Farm Boy™ Corn Tortillas
all varieties, 450 g

SAVE
\$0.50
3.99
ea



Farm Boy™ Pretzels
select varieties, 320-400 g

SAVE
\$0.50
2.49
ea



Califia Farms Almond Beverages
all varieties, 1.4 L

SAVE
\$1.00
5.99
ea



Farm Boy™ Butter Tarts
all varieties, pkg of 6,
480-510 g

SAVE
\$1.00
6.99
/pkg



Farm Boy™ Passata
720 mL

SAVE
\$0.71
2.28
ea



Farm Boy™ Risotto
all varieties, 240 g

SAVE
\$1.11
3.88
ea



Neilson Creams
5%, 10%, or
18% M.F., 473 mL

SAVE
\$0.90-\$2.00
2.99
ea



Angus Roast Beef
sliced fresh at our Deli Counter

SAVE
\$0.30
3.99
/100 g

FRESH produce arriving daily!



Vine-Ripened Tomatoes
Canada No. 1 Grade,
product of Canada

2.49
/lb
5.49/kg



Orange, Red,
or Yellow
Sweet Bell Peppers
product of Mexico

3.99
/lb
8.80/kg



Seedless Cucumbers
No. 1 Grade, product
of Canada/Mexico

1.29
ea



Green Onions or Bunched Radishes
product of Mexico/USA

3/2.50



Whole or Sliced White Mushrooms
product of Canada, 227 g

1.99
/pkg



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

1.77
/pkg



Lemons or Oranges
product of Egypt/USA

3.99
/bag



Fresh & Juicy Kiwis
product of Greece/Italy, 600 g

3.99
/pkg



Large Pink Grapefruit
product of Morocco

4/5.00

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 and Go Handhelds

Prepared daily by us, our Chef's Market is filled with a fresh assortment of handhelds, sandwiches, submarines, and wraps. Deliciously convenient and perfect for quick mealtimes, we provide a wide selection of both traditional and plant-based varieties! all varieties, \$4.99-\$8.99

Farm Boy™
Italiano Hoagie



Farm Boy™
Roast Beef & Caramelized Onions Handheld



Farm Boy™
Chicken Caesar Wrap



Farm Boy™
Pinsa Focaccia
290 g

SAVE
\$1.00
5⁹⁹
ea



Roussas
Authentic Galotyri or Spread with Feta & Greek Yogurt
180 g

SAVE
\$0.50
6⁹⁹
ea



Farm Boy™
Gran Riserva Mortadella
sliced fresh at our Deli Counter

SAVE
\$0.80
1⁹⁹
/100 g



Hot Kid
Rice Krispies
all varieties, 100 g

SAVE
\$0.80
2⁹⁹
ea



Mutti Parma
Organic Tomatoes
select varieties, 398 mL

SAVE
\$0.50
2⁹⁹
ea



Stash
Black Tea
all varieties, 18 ct

SAVE
\$1.00
5⁹⁹
/pkg



Ritter Sport
Chocolate Bars
all varieties, 100 g

SAVE
\$0.49 ea
2/7⁰⁰



Rise
Kombucha
all varieties, 414 mL

SAVE
\$1.50
2⁹⁹
ea



Tradition
Sweet Apple Cider
1.5 L

SAVE
\$1.00
3⁴⁹
ea



Medium Bouquet

SAVE
\$1.00
13⁹⁹
ea

Locally Grown Assorted Bulbs
6"

SAVE
\$1.00
5⁹⁹
ea

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Discover what makes us different!

At Farm Boy, we're passionate about creating a food shopping experience that surprises and delights. Every visit is crafted to enrich your food journey in ways that set us apart.



Here's what "A Farm Boy Fresh Twist" means for you:

- Experience farm-fresh quality with produce delivered every morning, ensuring longer-lasting, high-quality fruits and vegetables.
- Discover innovative and exciting new Private Label products curated just for you.
- Enjoy a fun, welcoming atmosphere in every corner of our store.
- Count on us for excellent value, outstanding quality, a hand-picked assortment, and competitive pricing.
- Receive unparalleled, personalized service in a friendly and helpful environment.



For years, Farm Boy has brought fresh food to your table. Now, we're bringing "A Farm Boy Fresh Twist" to everything we do.

Visit us in-store or online today, and see how we're redefining the way you shop for food—one twist at a time!

[Learn More](#)

Pasta Night with Farm Boy

Farm Boy™

Fresh Pasta & Fresh Pasta Sauce

Crafted with simple, high-quality ingredients and authentic Italian recipes, our fresh pasta lineup features options like Gnocchi, Pappardelle, Ravioli, Tortellini, and more. Enjoy them with any of our Fresh Pasta Sauces, made in small batches to maximize flavour. Choose from Alfredo, Meat, Rosé, or Sugo di Pomodoro.



Farm Boy™

Garlic Pull-Apart Buns & Garlic Bread

A must-have side for saucy pastas, soups, and well-dressed salads, our soft, garlicky, and perfectly seasoned breads are an easy, low-effort pairing for any dish. Just pop them in the oven until golden and enjoy!



Farm Boy™

Gluten-Free Fresh Pasta & Fresh Pesto

Filled with delicious ingredients like mushrooms, spinach, and ricotta cheese, our locally made fresh gluten-free ravioli and tortellini pair perfectly with your favourite sauces. They're the ideal partners for our fresh pesto, prepared with vibrant flavours and available in both regular and vegan varieties.



Farm Boy™

San Marzano Tomatoes

Renowned for their robust flavour, slight sweetness, and low acidity, these delicious tomatoes from Naples, Italy are the gold standard for taste and quality. Perfect for sauces, soups, stews, and more, they're traditionally grown and produced in the Sarnese-Nocerino region.

Creamy Citrus Tart



PREP:
15 mins



COOK TIME:
35 mins



SERVES:
8



DIFFICULTY:
Easy

[View Full Recipe Online](#)

Ingredients

1/2 pack Farm Boy™ Pie Dough,
thawed in fridge overnight

1 egg, beaten

1/2 cup Farm Boy™ Organic Plain Greek Yogurt

1/2 cup Farm Boy™ Mascarpone Cheese, softened

Zest of 1 orange

2 Tbsp orange juice

Farm Boy™ Pure Liquid Honey to taste,
plus more for drizzling

4-5 Cara Cara, navel, or blood oranges, peeled with
a knife, white pith removed and sliced 1/4” thick

1-2 Tbsp coarse sugar

1/4 cup pomegranate arils

1/3 cup assorted berries, optional

Mint leaves for garnish

Directions

- 1** Preheat oven to 350°F. Remove Pie Dough from fridge and let rest on counter for 10 minutes.
- 2** On lightly floured board, roll out pie dough to a 12” circle. Place on a 10” tart tin with a removable bottom, making sure dough reaches the bottom edges. Trim excess dough and prick all over with a fork. Brush with egg wash and blind bake for 30-35 minutes, or until golden brown. Cool completely on rack and then unmould and place on serving platter.
- 3** Meanwhile, zest one orange and squeeze to get 2 Tbsp juice.
- 4** To make filling, in large bowl, combine Greek Yogurt, Mascarpone Cheese, orange zest and juice and Honey to taste. Whisk until everything is combined.
- 5** When ready to assemble, spread yogurt mixture over tart, staying inside the borders. Sprinkle with coarse sugar and arrange oranges over the cream. Top with pomegranate arils, berries and mint.





The Season's Zest!

Vibrant citrus fruits to brighten up your days.

We are in the heart of 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.

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.

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.

Blood Oranges

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.



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.

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.



Minneolas

Balanced, vibrant, sweet, and mildly tart.

Notable Qualities: Bell-like shape with a small knob at the stem.

Best Way to Enjoy: Excellent in baked goods, cocktails, and marinades.



Pomelos

Sweet, zesty, tropical, and floral.

Notable Qualities: Large size, thick green or yellow rind, and pale yellow to pink flesh.

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



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.





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!



Share The Love



Cuddle up and get cozy with a meal to share with your sweetheart. Our chefs have designed a four-course menu full of fresh, seasonal ingredients that you'll fall head over heels for.

MENU

Red Pepper Bisque
Pesto Cream

Mushroom Parmigiano Tarte
Balsamic Onions
Lemon Garlic Arugula Greens

Surf N' Turf
Tiger Shrimp
Beef Tenderloin in Tomato Béarnaise Sauce
Souffle Potatoes
Roasted Garlic Rapini

Double Chocolate Cake
White Chocolate Mousse

25 MINUTES REHEATING

ORDERS
CLOSE:
Tuesday,
February 11

\$119⁹⁹

PICK-UP
DATE:
Friday,
February 14



ORDER IN-STORE OR ONLINE ~ WHILE QUANTITIES LAST! | [FARMBOY.CA](https://farmboy.ca)



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).

