

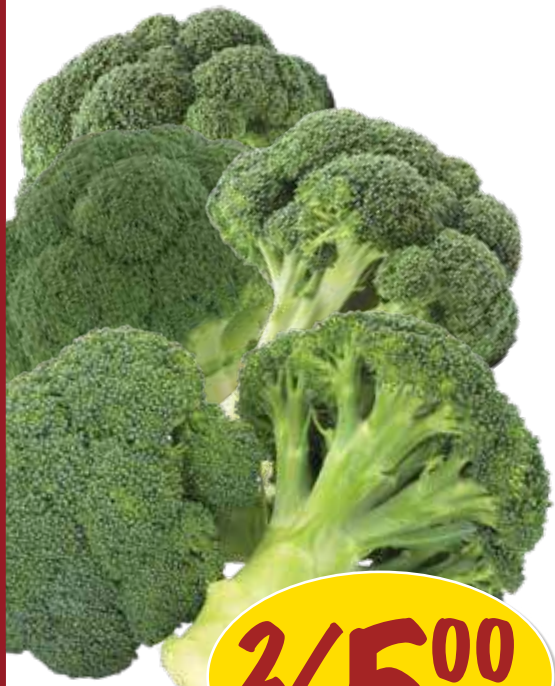
Come on in!

Quality, value, and freshness guaranteed.



Proudly Canadian

EST. 1981 | Cornwall, ON., Canada



**Fresh Broccoli**  
product of Mexico/USA

**2/5<sup>00</sup>**



**Boneless Pork Loin Chops or Roast**  
fresh, product of Canada

SAVE \$3.00  
**3<sup>99</sup>** /lb  
8.80/kg



**Blackberries or Orri Mandarins**  
Blackberries: \$2.99/pkg, product of Mexico/USA, 170 g; Orri Mandarins: \$2.99/lb (\$6.59/kg), product of Israel

**2<sup>99</sup>** /pkg or /lb



**Maple Lodge Farms Chicken Bacon Style**  
375 g

**HOT DEAL!**  
**2/5<sup>00</sup>**



**Riviera Petit-Pot or Set-Style Yogurt**  
select varieties, 4x120 g or 750 g

SAVE \$2.11-\$2.61  
**3<sup>88</sup>** ea or /pkg



**Farm Boy™ Garlic & Herb Butterflied Shrimp**  
frozen, \$9.99/pkg, 12-15 shrimp per pkg, 340 g

**BUY ONE, GET ONE FREE!**



**From the Bake Shop New York-Style Bagels**  
all varieties, \$4.99/pkg of 6, 648-768 g

**BUY ONE, GET ONE FREE!**



**Brandt Smoked Black Forest-Style Ham**  
sliced fresh at our Deli Counter

SAVE \$0.50  
**2<sup>49</sup>** /100 g



**Canadian Feta**  
cut fresh at our Cheese Counter

SAVE \$1.00  
**1<sup>99</sup>** /100 g



**Farm Boy™ Non-Alcoholic Beer or Zero-Proof Cocktails**  
all varieties, 355 mL

SAVE \$0.49 ea  
**2/4<sup>00</sup>**



**Farm Boy™ Hash Browns**  
all varieties, 750 g

SAVE \$2.00  
**7<sup>99</sup>** ea



**Farm Boy™ Chip Stacks**  
all varieties, 147 g

SAVE \$0.49 ea  
**2/6<sup>00</sup>**



**Farm Boy™ Fattoush Chips**  
all varieties, 190 g

SAVE \$1.00  
**3<sup>99</sup>** ea



**Earth's Own Plant-Based Beverages**  
all varieties, 1.75-1.89 L

SAVE \$0.92  
**3<sup>77</sup>** ea



**Farm Boy™ Texas Toast**  
White or Whole Wheat, 800 g

SAVE \$0.80  
**2<sup>99</sup>** ea

**What do these symbols mean?**



**Product of Canada:** All or virtually all major ingredients (min 98%), processing, and labour used to make the food product are Canadian.



**Prepared in Canada:** Products are crafted in Canada with either a combination of domestic and imported ingredients or imported ingredients only.



Discover what makes us different!

**FRESH SPECIALS IN EFFECT: Thurs., May 8 to Wed., May 14, 2025.**

Prices valid at all Farm Boy stores. Specials subject to availability. Visit us in-store for many more special specials. Visit [farmboy.ca](http://farmboy.ca) for store addresses and hours. Not all products available at all stores.

Scan here for our full digital flyer



@officialfarmboy



[farmboy.ca](http://farmboy.ca)

## Meat & Seafood Market



**LOCAL**

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

**SAVE \$2.00**

**6.99** /lb  
15.41/kg



**CANADIAN BEEF**

**Cut from Canada AAA Beef Flank Grilling Steaks**  
aged a minimum of 14 days

**SAVE \$3.00**

**15.99** /lb  
35.25/kg

**FIRST OF THE SEASON!**



**Cooked Canadian Atlantic Lobster**  
Available for three days only - May 9-11 while quantities last, 12-14 oz ea

**12.00** ea



**GOOD CATCH**

**Marinated Maple BBQ Salmon Skewers**  
140 g

**SAVE \$1.00**

**4.99** /skewer

## Chef's Market

### Parsley Perfection

Crafted in small batches, this Lebanese-style salad features fresh ingredients like garlic, lemon juice, onions, parsley, and tomatoes. Bright and herbaceous, it pairs wonderfully with falafel, grilled proteins, and hummus.



**Farm Boy™ Fresh Tabouleh**  
325 g

**SAVE \$1.00**

**4.99** ea



**SAVE \$1.00**

**4.99** ea

**Farm Boy™ Pancake or Muffin Mixes**  
905 g



**SAVE \$0.49 ea**

**2/5.00**

**Farm Boy™ Nitro Cold Brew**  
355 mL



**LOCAL**

**SAVE \$1.61**

**3.88** ea

**Farm Boy™ Cream Cheese Spread**  
250 g



**LOCAL**

**SAVE \$1.00**

**6.99** /pkg

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



**SAVE \$1.00**

**5.99** ea

**St. Dalfour Handcrafted Fruit Spreads**  
all varieties, 225 mL



**SAVE \$1.02**

**2.47** /pkg

**Dempster's English Muffins**  
White or Whole Wheat, pkg of 6, 340 g



**SAVE \$0.90-\$2.00**

**2.99** ea

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



**SAVE \$0.50**

**2.49** /100 g

**Farm Boy™ Smoked Pastrami**  
sliced fresh at our Deli Counter

## FRESH Produce Arriving Daily!



**LOCAL**

**Fieldless Basil Borealis**  
product of Canada, 60 g

**3.99** /pkg



**1 lb BAG**

**LOCAL**

**Mini Sweet Peppers**  
product of Canada

**2.99** /bag



**1 lb PKG**

**LOCAL**

**Baby Cucumbers**  
Canada No. 1 Grade, product of Canada

**2/5.00**



**LOCAL**

**2 lb CASE**

**Oyster Mushrooms**  
product of Canada

**9.88** /case



**Farm Boy™ Foil Baking Potatoes**  
Regular or Mini, Canada No. 1 Grade, product of Canada

**2.99** /pkg



**LOCAL**

**Heirloom Tomatoes**  
Canada No. 1 Grade, product of Canada

**2.44** /lb  
5.38/kg

**FLOWN IN FOR PEAK FRESHNESS!**



**3.99** ea

**Tree Ripened Mangoes**  
product of Mexico



**3.99** /pkg

**Kiwis or Muscat Grapes**  
Kiwis: product of Greece, 600 g,  
Muscat Grapes: product of Chile, 453 g



**1.29** /lb  
2.84/kg

**Caribbean Red Papaya**  
product of Guatemala/Mexico

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](http://farmboy.ca) for a full list of store addresses to find a location near you!

See in store for more great savings!

Farm Boy™

## Homestyle Hummus

Our hummus is made with plump chickpeas and creamy tahini for a smooth finish, and shipped to our stores daily. Seasoned with salt, garlic and touch of lemon juice with no added colours or flavours, enjoy them in: Authentic Lebanese, Lemon Garlic, Roasted Garlic, Roasted Red Pepper, and Spicy. \$4.99 ea, 5 varieties, 300 g



## Canadian Fiddleheads

A springtime delicacy, fiddleheads are back for a limited time! Known for their earthy, spinach-like flavour and mild nuttiness, enjoy them in salads, stir-fries, quiches, omelettes, and more.

\*Note: Fiddleheads can be toxic when eaten raw. Be sure to boil them for 15 minutes before adding them to your favourite recipes.



**SAVE \$0.80**

**3.99** ea

**Belgian Bread**  
500 g

**SAVE \$0.50**

**1.99** /100 g

**Brandt Smoked Farmer Sausage**  
naturally hardwood smoked, gluten-free, available at our Deli Counter

**SAVE \$1.00**

**6.99** ea

**Albert's Leap Le Bon Secret**  
soft ripened cheese, 200 g

**SAVE \$0.50**

**3.49** ea

**Farm Boy™ Sauerkraut or Red Cabbage Salad with Apples**  
all varieties, 796 mL

**SAVE \$4.00**

**7.99** ea

**Thiem Dried Mango**  
250 g

**SAVE \$1.00**

**3.79** ea

**Rolling Meadow 10% Cream**  
473 mL

**SAVE \$0.50**

**2.49** ea

**Mid-Day Squares Superfood Squares**  
all varieties, 33 g

**SAVE \$1.11**

**6.88** ea

**Farm Boy™ Crunchy Cookies**  
all varieties, 454 g

**SAVE \$1.50**

**5.49** ea

**Thirsty Buddha Organic Coconut Water**  
1 L

**SAVE \$2.00**

**9.99** ea

**Farm Boy™ Fresh Cut Tulips**  
Locally grown! 10 stems

**SAVE \$2.00**

**22.99** /dozen

**Dozen Roses**  
50 cm

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](http://farmboy.ca) for a full list of store addresses to find a location near you!

# Happy Mother's Day!

Celebrate the moms and mother figures in your life with our abundant selection of flowers, delectable treats, refreshing drinks, and more. From fresh-cut stems to chef-prepared dishes and made-from-scratch desserts, we have an exceptional selection of curated products to make this Mother's Day truly special. Come on in for all of your gifting inspiration and preparation needs!



# For Mom with Love!



## Farm Boy™ Pancake Mix

Whip up a Mother's Day breakfast in a flash with our classic Pancake Mix. Perfectly measured for your convenience, it makes light and fluffy pancakes every time—just add water and cook! Prepared in Canada.

## Farm Boy™ Maple Spreads

Crafted with pure Canadian maple syrup, these decadent spreads will add a delicious maple-infused flavour to sweet or savoury dishes. Choose from our Maple Caramel Spread, perfect for desserts, or our versatile Maple Butter, that's excellent for dressings, marinades, stir-fries, and more.



## Farm Boy™ Jumbo Muffins

Our GIANT muffins satisfy big appetites! Baked fresh daily, these treats are made from scratch with simple ingredients. Available in packs of four, they come in classic flavours like Berry Burst, Chocolate Chunk, and Lemon Poppyseed, as well as seasonal varieties.

Made From  
**SCRATCH**



## Farm Boy™ Conventional Teas

A comforting brew for every occasion, our line of teas is crafted with a high-quality blend of aromatic ingredients. From the robust English Breakfast to the soothing Chamomile, each of our eight varieties is sure to become Mom's new tea-time favourite!



# For Mom with Love!



Farm Boy™

## Gelato or Sorbet

Indulge in a decadent selection of small-batch frozen desserts, crafted locally with high-quality ingredients. Dive into our rich, luscious Gelatos made with 100% Canadian dairy, or our vibrant Sorbets featuring real fruits!



Farm Boy™

## Coffee Cake

Cake time is any time with our scrumptious coffee cakes! Soft, dense, and delicious, they're a versatile treat that can be paired with Mom's morning coffee or tea, ice cream, and more. Available in Cinnamon, Lemon Poppyseed, or Wildberry.



Farm Boy™

## Lemon Thyme Loaf Cake

Crafted daily in our Bake Shop, this made-from-scratch loaf cake is prepared using our own special recipe! Full of bright, tart, lemony flavour, we elevate it with a touch of herbaceous thyme to create an ultra-moist dessert that satisfies.



## Bubbly Favourites

Enjoy our crisp, refreshing non-alcoholic beverages, including Farm Boy™ Zero Proof Cocktails, naturally flavoured and sweetened with cane sugar. Sip and savour the authentic taste of our Non-Alcoholic Sparkling Wines, crafted using traditional recipes and free from preservatives.



# Blooming with Love

Nature's art makes the best gift!

Experience the wonderful aromas and colours of the season with our selection of flowers and plants. From fresh-cut tulips to hand-arranged bouquets and potted plants, we have just what you need to add a touch of natural elegance to your space. Our collection arrives at our stores at peak quality and boasts a long vase life, making gifting easy and enjoyment long-lasting!



**Rainbow Tulips**

**19<sup>99</sup>**  
ea



**Farm Boy™ Bouquet**

**24<sup>99</sup>**  
ea



**Succulent Bouquet**

**19<sup>99</sup>**  
ea



**Nordic Pitcher**

**14<sup>99</sup>**  
ea



**Harmony Bouquet**

**34<sup>99</sup>**  
ea



**Mini Orchid Garden**  
4" pot

**14<sup>99</sup>**  
ea



**Mumsie Arrangement**

**14<sup>99</sup>**  
ea



**Bloom & Glow**

**19<sup>99</sup>**  
ea



**Kind Heart Vase**

**24<sup>99</sup>**  
ea



**Wow Mom Bouquet**

**39<sup>99</sup>**  
ea

# For Mom with Love

LET'S CELEBRATE MOM

THIS MOTHER'S DAY

Enter online for your chance to spoil Mom with a Farm Boy™ Gift Basket full of treats!

Contest runs from  
Saturday, May 3 to Sunday, May 11.

[CLICK HERE TO ENTER!](#)



Chance to  
win 1 of 5  
baskets!

Each valued at \$100



# Simply Sautéed Fiddleheads

 PREP:  
25 mins

 COOK TIME:  
5 mins

 SERVES:  
4

 DIFFICULTY:  
Easy

[View Full Recipe Online](#)

## Ingredients

**500 g** cleaned and trimmed fiddleheads

**1 tsp** butter

**1 Tbsp** extra-virgin olive oil, divided

zest of half a lemon

lemon juice, to taste

Farm Boy™ Fleur de Sel, to taste

## Directions

- 1** Set a steamer basket in a medium saucepan with water. Once water is boiling, add fiddleheads and steam for 12-15 minutes.
- 2** Remove from steamer and cool completely for use later or proceed to sauté right away.
- 3** To sauté, add butter and extra virgin olive oil to a large frying pan over medium high heat.
- 4** Add steamed fiddleheads and cook, stirring often, for 4-5 minutes.
- 5** Add Farm Boy™ Garlic Flowers, lemon zest, lemon juice, and remaining salt. Serve immediately.



# Monthly Hot Bar Menu



# CINCO DE MAYO

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!

## Fiesta Chicken

Succulent, perfectly spiced chicken breast with vegetables.

## Mexican Street Corn

Creamy sweet corn with tangy cheese, smoky spices, and fresh herbs.

## Papas a la Mexicana

Sautéed potatoes with the traditional trio of tomatoes, onions, and jalapeños.

## Pork Carnitas in Red Salsa

Succulent pulled pork with a savoury salsa.



# Help Us Crown Our 2025 Champions!

Submit your votes  
for a chance  
to win 1 of 5 \$100  
Farm Boy™ Gift Cards.

**VOTE NOW!**

Contest runs from April 21 to May 12, 2025.

# A taste of what's in-store.

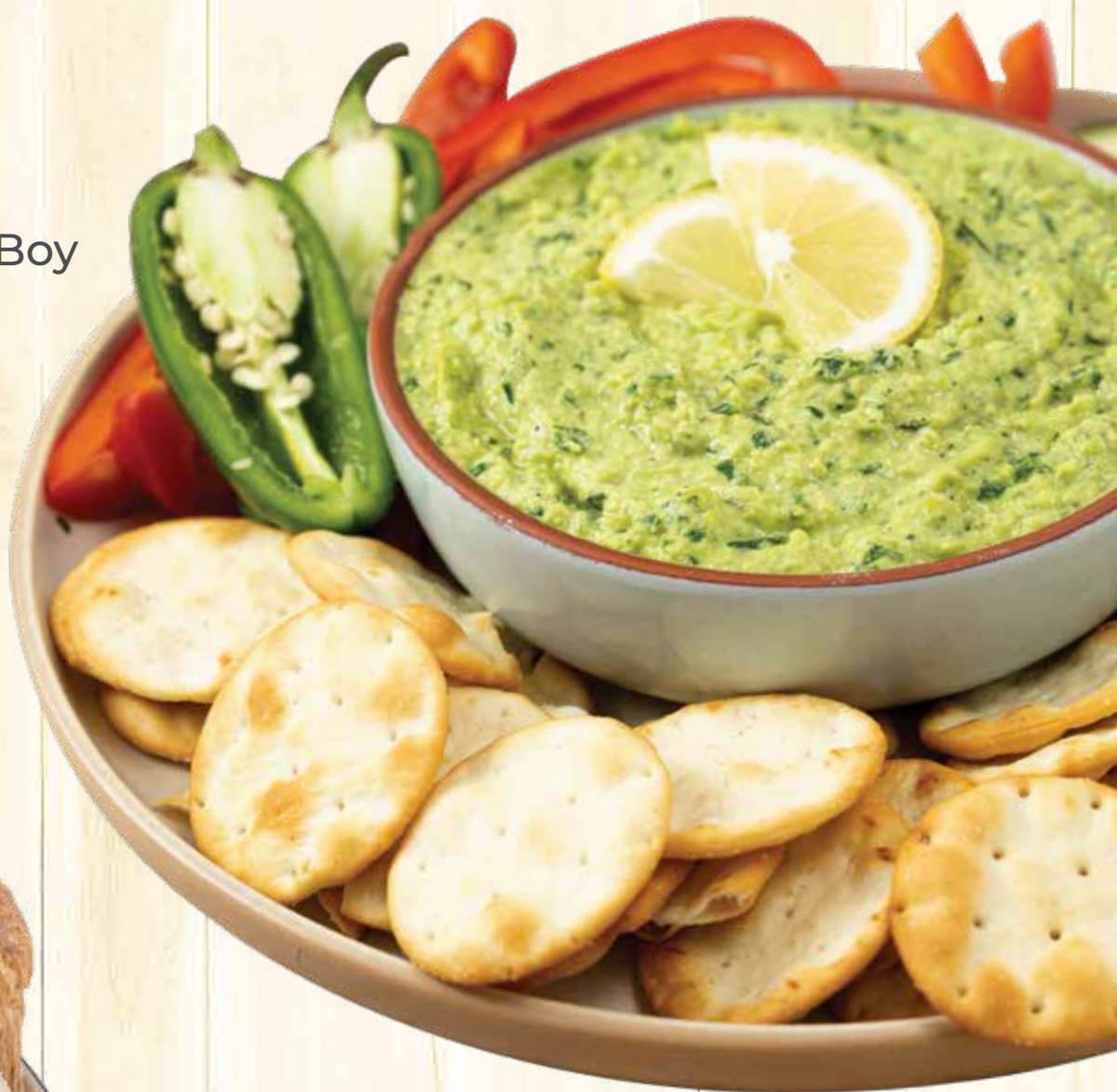


At Farm Boy, we strive to show our customers that grocery shopping can be more than just an errand. It can be a source of joy, discovery, and inspiration. We work with local farmers, growers, and producers to bring you an unparalleled shopping experience filled with items that surprise and delight. Each store is filled with exclusive, handpicked products chosen just for you to enjoy. Handcrafted fresh in the Farm Boy Kitchen with high-quality ingredients and our own recipes, each product is made with the utmost care.

## Here are some of our exclusive Private Label products, made just for you.

### Farm Boy™ Eda-Yummy Spicy Kale Edamame Dip

A fan favourite: this dip is a Farm Boy exclusive made in small batches with our own recipe and fresh ingredients like kale, edamame, garlic, lemon, and jalapeños. We guarantee you'll love it!



### Fresh Baked Cruffies

When flaky meets fluffy, it's in our beloved croissant-meets-muffin hybrid. Made in our Bakery, these buttery pastries are a creation that's all our own.



### Fresh & Ready Soups

Soup's on! Crafted in small batches by our chefs with simple ingredients and our own recipes, we have over 20 varieties of freshly prepared soups, including vegan and vegetarian options.



Visit us to see how we're changing the way you shop — one twist at a time!

[Learn More](#)