

Come on in!

Quality, value, and
freshness guaranteed.



FARM BOY®

Proudly Serving
Ontario

EST. 1981 | Cornwall, ON., Canada



.95
/lb
2.09/kg

Red, White, or Yellow
Potatoes
Canada No. 1 Grade, product of Canada



LOCAL

SAVE
2.99
/lb
6.59/kg

Fresh
Whole Chicken
Canada Grade A,
product of Ontario



2.99
ea

Large
Cantaloupe
No. 1 Grade, product of
Guatemala/Honduras



BUY ONE,
GET ONE
FREE!

Leadbetters
Wood
Smoked Bacon
Original or Triple Pepper, \$5.99 ea, 250 g



Riviera
Petit-Pot
or Set-Style
Yogurt

select varieties, 4x120 g or 750 g

SAVE
4.44
/pkg
or ea



SAVE
8.99
/pkg

Farm Boy™
Raw Wild
Caught
Argentinian
Shrimp

15-23 shrimp per bag, frozen,
23-30/lb count, 340 g



SAVE
6.99
ea

Farm Boy™
Apple Pie
8", 620 g



SAVE
25%

Albert's Leap
Smoked Cheddar
\$2.99/100 g, product of USA



SAVE
2.99
/100 g

Hayter's Farm
Turkey Breast
Roast

all varieties, sliced fresh
at our Deli Counter



SAVE
2.88
ea

Farm Boy™
Chickpea Chips
all varieties, 120 g



SAVE
3.99
ea

Silk
Plant-Based
Beverages
all varieties, 1.89 L



SAVE
2.28
ea

Farm Boy™
Coconut
Cream or Milk
all varieties, 400 mL



SAVE
3.25
/pkg

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



HOT DEAL!
12.99
ea

Colavita
Extra Virgin
Spanish Olive Oil
750 mL



HOT DEAL!
3.49
ea

Liviva Foods
Shirataki Pasta
or Instant Rice
all varieties, 120 g

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., February 12 to Wed., February 18, 2026.

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 holiday hours. Not all products available at all stores.

Scan here
for our full
digital flyer



@officialfarmboy



farmboy.ca

Meat & Seafood Market



Fresh
Pork Tenderloin
product of Canada

SAVE
\$2.00
5.99
/lb
13.21/kg



Cut from Canada AAA Beef
Beef Short Ribs

Thick English Cut or Thin Flanken Slice,
aged a minimum of 14 days

SAVE
\$3.00
12.99
/lb
28.64/kg



Striploin Steaks
MSA Graded 3+, product of Australia

HOT DEAL!
17.99
/lb
39.66/kg



Rock Harbour
Frozen Cooked Lobster
350 g, product of Canada

SAVE
\$2.00
13.99
/pkg

Chef's Market

Mamma Mia!

Our tender, authentically crafted pasta is made with simple ingredients like durum semolina flour, wheat flour, eggs, and water. Available in 8 varieties—including Butternut Squash Ravioli, enjoy a delicious meal in minutes with our fresh pasta sauces or pestos.



Farm Boy™ Fresh Pastas

Linguine or Pappardelle: \$2.99, 300 g
Gnocchi, Ravioli or Tortellini: \$3.99, 300-350 g



SAVE
\$2.00
2.99-3.99
ea



FRESH Produce Arriving Daily!



Fuji Apples
Canada Fancy Grade,
product of Canada

1.88
/lb
4.14/kg

Blood Oranges or Cara Cara Oranges
product of USA

1.98
/lb
4.37/kg

Red Plums
No. 1 Grade,
product of Chile

2.98
/lb
6.57/kg

Dragon Fruit
product of
Honduras/Vietnam

2.98
ea

Pomelo Gift Box
product of China

8.88
/box

Young Coconut
product of Vietnam

2.50

Romaine Hearts
product of USA

4.99
/pkg

Organic Mushrooms
Black Oyster, King Oyster, Oyster,
or Shiitake, product of Canada, 227 g

5.88
/pkg

Red, Spanish, Sweet, or White Onions
No. 1 Grade, product of Mexico/USA

1.48
/lb
3.26/kg

Please visit farmboy.ca for a full list of store addresses to find a location near you.

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.

See in store for more great savings!

Harry & Heels

Donuts

These super soft, old-school donuts are made from scratch and delivered to us fresh!

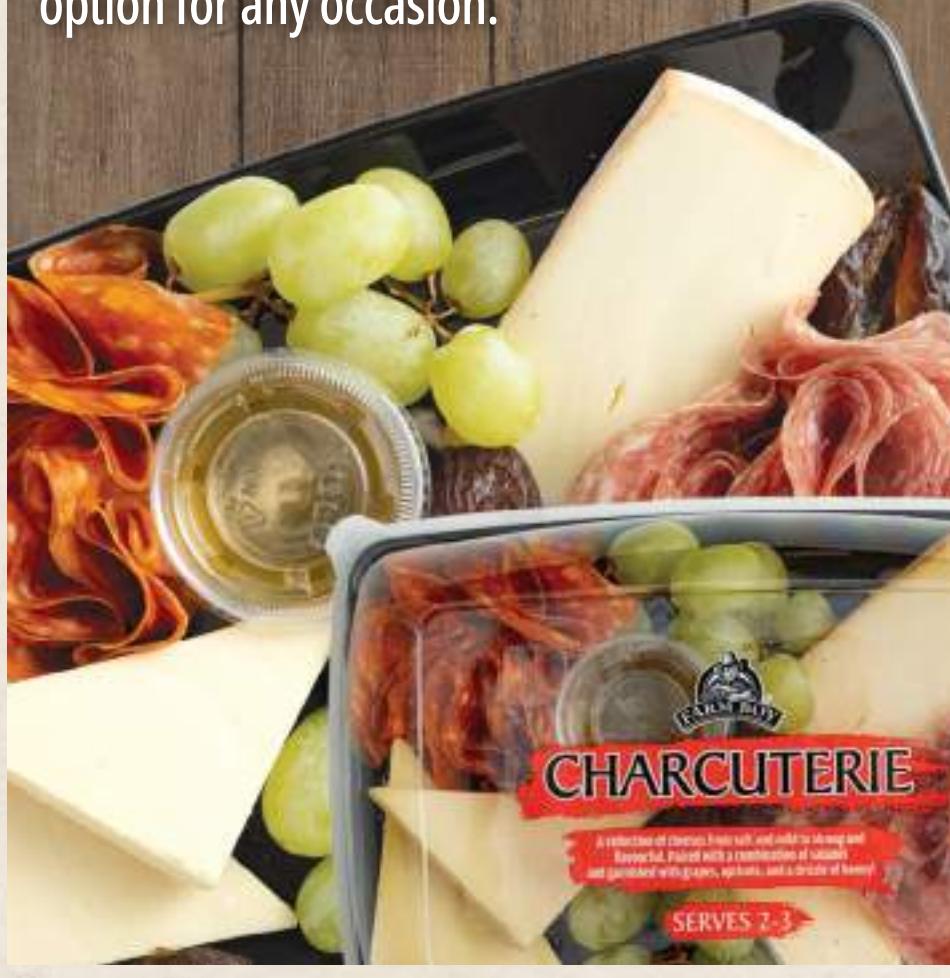
Try the Harry & Heels Donut of the Month: Nutella Cream Filled. Savour this treat with our assortment of locally sourced coffees, aromatic teas, and more!



Farm Boy™

Charcuterie Trays for 2

An easy appetizer, snack, or light meal, this charcuterie board is thoughtfully curated to satisfy every palate. Featuring two artisan cheeses, savoury salami, Ontario honey and sweet fruits, it's a convenient yet sophisticated option for any occasion.



Rustic Italian Buns
pkg of 6, 540 g

PKG
OF 6

SAVE
\$0.50
449
/pkg

Vegan

Nuts for Cheese
Fermented
Cashew
Cheese Alternative
all varieties, 120 g

LOCAL

SAVE
\$1.00

10.99
ea

SAVE
\$0.50
8.49
/pkg

Farm Boy™
Sliced
Rosette de Lyon
all varieties, 125 g



Farm Boy™
Crunchy
Cookies
all varieties, 454 g

SAVE
\$1.11
6.88
ea



Farm Boy™
Fair Trade
Coffee Beans
all varieties, 454 g

SAVE
\$2.00
16.99
ea



Farm Boy™
Kimchi
all varieties,
490 mL

SAVE
\$1.00
7.99
ea



Greenhouse
Boosters
all varieties,
4x60 mL

SAVE
\$2.00
12.99
/pkg



Vegan
Elmhurst
Plant-Based
Beverages
all varieties, 946 mL

SAVE
\$1.00
7.99
ea



Broya
Bone Broth
all varieties,
500 mL

SAVE
\$3.00
9.99
ea



Premium
Long Stem
Roses
50 cm stems, 1 dozen

SAVE
\$5.00
35.00
ea

Farm Boy™
Bounty
Bouquet

SAVE
\$2.00
29.00
ea

Please visit farmboy.ca for a full list of store addresses to find a location near you!

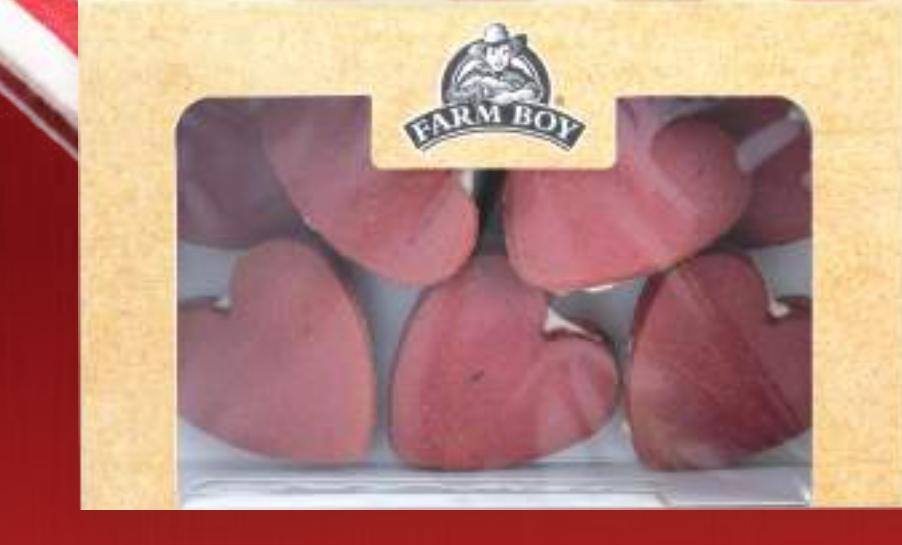
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Share the Love



Farm Boy™ Red Velvet Cake

An elegant classic with a soft crumb and subtle tang! Made with our exclusive recipe, this red velvet cake features a luxuriously soft crumb, a signature tang, and a delicate cocoa finish. An irresistible showstopper, it's perfect for savouring on your own or sharing with someone special. Here for a limited time, get it while you can!



Red Velvet Heart Shaped Filled Cookies

Spread the love with these sweet Valentine's Day sandwich cookies. Perfect for sharing, each box contains eight pairs of two heart-shaped red velvet cookies that hug a layer of creamy frosting. They're a delectable treat that's only around for a limited time.

Farm Boy™ Red Velvet Cookies

A cocoa-loaded sandwich cookie with velvety cream cheese filling! The ultimate seasonal indulgence, our scrumptious sandwich cookie gets a dose of red velvet inspiration. Between two soft, crimson-coloured cocoa cookies sits a velvety cream cheese filling with just the right amount of tang. Finished with a delicate sugar crunch, it's gift worthy of sharing.



Farm Boy™ Cheesecake

Rich and indulgent, our Farm Boy™ Basque Style Cheesecake is prepared with simple ingredients and features a custardy texture beneath a golden, caramelized finish. For a lighter yet equally decadent treat, try our Farm Boy™ Japanese Style Cheesecake. Its delicate flavour and souffle-like texture are sure to delight when it's time for dessert.



Valentine's Treasures

Free gift wrapping is available at select locations February 13-14 with your floral purchase. Visit farmboy.ca to find a location near you.

We offer a wide variety of plants and florals that bring seasonal delight to your home. From high-quality bouquets and gorgeous arrangements to festive potted plants, we have everything you need to add some holiday spirit to your indoor and outdoor décor at excellent value!



25.00
ea

Harvest
Bundle Bouquet



12.99
ea

Farm Boy™
10 Stem Tulips
Locally grown!



22.00
ea

Bloom & Glow
Arrangement



20.00
ea

Large
Bouquet



9.00
ea

Dianthus
Pink Kiss
4" pot



14.00
ea

Cupid's Arrow
Arrangement



15.00
ea

Rose
in Celine
Ceramic
4" pot



45.00
ea

Show Stopper
Bouquet
Available in a variety of colours



26.00
ea

Premium
Orchids

Fresh strawberries hand-dipped in rich chocolate—available for a limited time!



Chocolate Covered
Strawberries
230 g

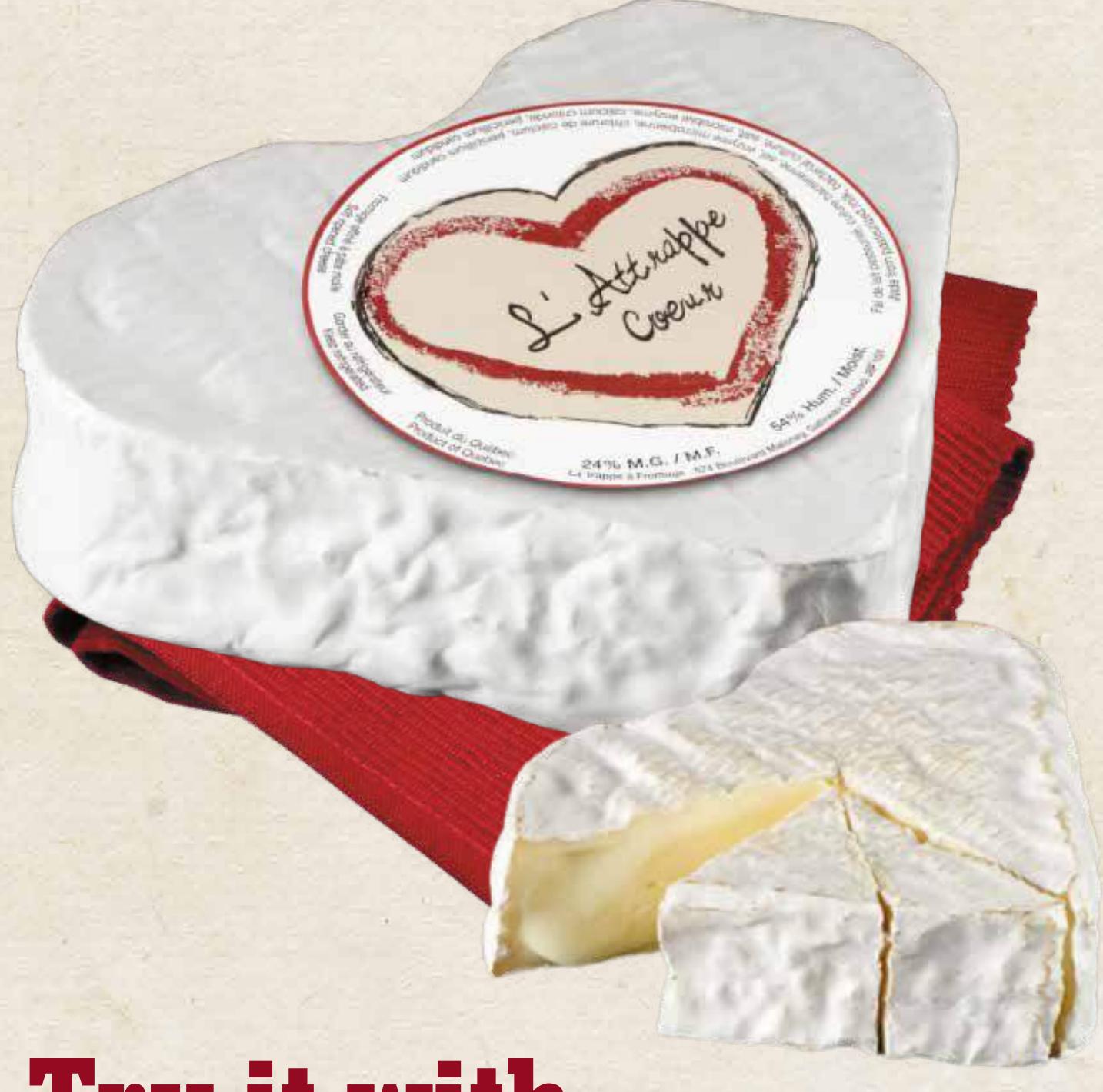
7.99
/pkg

FARM BOY PICKS

Here for a limited time, discover a curated selection of products that we think you'll love!
Hand-selected by us for the best quality for you to enjoy at excellent value.

L'Attrappe Coeur

Proudly crafted in Quebec, this mild, buttery-soft cheese is made with 100% Canadian milk. Its earthy profile and subtly sweet aroma make it a delicious partner for white wine, stone fruits, and maple-flavoured snacks.



Try it with...

Farm Boy™
Sparkling
Non-Alcoholic
Beverages
\$2.99 ea, 275 mL

Farm Boy™
Rosette
de Lyon
\$12.99 ea,
SAVE \$1.00 ea, 300 g

Farm Boy™
Artisan
Crackers
\$5.99/pkg, 150 g



Share the Love with Share-cuterie

Our stores are stocked with artisanal cheeses, antipasto, crackers, cured meats, and more.

From the Chef's Market to our Cheese and Deli Department, craft a snackable display with our expertly curated selection of products.

Legend

1. Farm Boy™ European Deli-Style Salami \$6.99/pkg, 125 g
2. Farm Boy™ Goat's Milk Cheese \$5.99 ea, 113 g
3. Farm Boy™ Red Pepper Jelly \$5.99 ea, 185 mL
4. Farm Boy™ Double Baked Pita Crackers \$3.99 ea, 170 g
5. Farm Boy™ Ajvar \$6.99 ea, 314 mL
6. Farm Boy™ Antipasti or Salami Trios \$9.99/pkg, 150 g
7. Farm Boy™ Gourmet Olives \$7.99 ea, 580 mL
8. Farm Boy™ Imported Cheddars \$8.99 ea, 200 g
9. Farm Boy™ Sliced Rosette de Lyon \$8.49/pkg, SAVE \$ 0.50/pkg, 125 g
10. Farm Boy™ Artisan Crackers \$5.99 ea, 150 g
11. Farm Boy™ Compote \$6.99 ea, 150 g
12. Farm Boy™ Brie Bakes \$9.99 ea, 265 g



Farm Boy™
Baguette Crisps
\$4.49 ea, 142 g



Farm Boy™
Gourmet Pâté
\$5.99 ea, 125-150 g



Farm Boy™
Serrano Ham
\$9.99/pkg, 125 g



Farm Boy™
Organic Pickles
\$7.99 ea, 500 mL-1L



Farm Boy™
Spanish Deli Bites
\$9.99/pkg 150 g



Farm Boy™
Camembert
\$3.69/100 g product of Canada



Farm Boy™
Organic Swiss Cheese
\$9.99 ea, 190 g



Farm Boy™
Gourmet Mustards
\$5.99 ea, 225 mL

Happy Lunar New Year!



White
Asian Pears
product of China

188
/lb
4.14/kg



Pomelo
Gift Box
product of China

PKG
OF 4

888
/pkg



Fuji Apples
Canada Fancy Grade,
product of Canada

188
/lb
4.14/kg



Bean Sprouts
product of Canada

.88
/lb
1.94/kg



Fresh
Garlic
product of China

PKG
OF 3

.68
/pkg



Jumbo
Chinese Carrots
product of China

.88
/lb
1.94/kg



Farm Boy™
Marinated Boneless
Beef Short Ribs
Thin Sliced, Alabama, or Korean

20.99
/lb
46.27/kg



Organic
Mushrooms
Black Oyster, King Oyster, Oyster,
or Shiitake, product of Canada, 227 g

LOCAL

5.88
/pkg



Thin Sliced
Meat Rolls
Beef, Chicken, Lamb, or Pork,
made in Canada, frozen

6.49-10.99
/lb
14.31/kg
/lb
24.23/kg



Chrysanthemums

12.88
ea



Money Tree
5" pot

SAVE
\$1.12
18.88
ea



Jade Plant
in Pocket
4" pot

10.88
ea



Farm Boy™
Fresh Noodles
355-450 g

3.49
ea



Summ!
Spring Rolls
pkg of 6, 350 g

5.99
ea



Summ!
Gyoza
250 g

5.99
ea

Happy Lunar New Year!



Farm Boy™
Shrimp & Pork
Wontons
300 g



Farm Boy™
BBQ Pork
Buns
240 g



Farm Boy™
Pork & Black
Truffle Soup Dumplings
280 g



Farm Boy™
Pork
Siu Mai
288 g



Farm Boy™
Edamame
500 g



Farm Boy™
Dumplings
all varieties, 500 g



Farm Boy™
Organic Tofu
all varieties, 350-454 g



Farm Boy™
Coconut
Cream or Milk
all varieties, 400 mL



Dao Xiang Cun
Walnut
Crispy Cookies
640 g



Dao Xiang Cun
Pinenut
Jujube Cakes
240 g



Thiem
Dried Mango
250 g



ChaCha
Mixed Nuts
7x26 g



Y&Y
Sea Greens
Roasted Seaweed Snack
Classic or Koren BBQ, 3x5 g



Hapi
Wasabi
Green Peas
140 g



Y&Y
Instant
Noodles
454 g



Hakubaku
Specialty
Noodles
all varieties, 269 g



Y&Y
Minced Garlic
& Ginger
210 g



Y&Y
Bamboo Shoots
& Water Chestnuts
227 mL



Huy Fong
Condiments
Garlic Chili Sauce
or Sambal Oelek, 211-213 mL



Kewpie
Mayonnaise
465 mL

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Silken Tofu & Peanut Butter Mousse

 PREP:
15 mins + Chill time

 SERVES:
4-6

 DIFFICULTY:
Easy

[View Full Recipe Online](#)

Ingredients

1 bar Farm Boy™ Dark Chocolate (80 g), chopped

1 pack (500 g) Farm Boy™ Organic Silken Tofu, undrained

2 Tbsp cocoa powder

1/4 cup Farm Boy™ Organic Peanut Butter

1/4 cup Farm Boy™ Amber Maple Syrup or Farm Boy™ Pure Ontario Liquid Honey, or to taste

2 tsp vanilla extract

2 Tbsp crumbled Farm Boy™ Coconut Cookie Chips for garnish

Fresh berries for garnish

Farm Boy™ Coconut Cookie Chips for garnish

Fresh mint leaves for garnish

Directions

1 Place Farm Boy™ Dark Chocolate in microwaveable cup and heat in 20 second intervals, stirring every time, until chocolate is melted. Set aside to cool while you prep the rest of the ingredients.

2 Place the Farm Boy™ Organic Silken Tofu with its liquid, cocoa powder, Farm Boy™ Organic Peanut Butter, Farm Boy™ Amber Maple Syrup, and vanilla extract in blender jar along with the melted chocolate. Blend until completely smooth. The mixture will be thick; scrape down sides of blender as you blend.

3 Pour into four to six dessert cups and chill to set, about 30-60 minutes.

4 Just before serving, garnish with Farm Boy™ Coconut Cookie Chips, fresh berries, and mint leaves.



FEED THE DREAM



OFFICIAL GROCER



Great
achievements
start with
strong roots.



**Ivanie
Blondin**

Team Canada
Speed Skating
Ottawa, ON

Go Team Canada Go!
Farm Boy is proud
to be the official grocer
of Team Canada for
the Milano Cortina
2026 Olympic
and Paralympic Games.

[Learn More](#)

**Renata
Fast**

Team Canada
Hockey
Burlington, ON



Monthly Hot Bar Menu



GAME DAY

Ready to score major flavour points, our chefs have crafted a mouthwatering menu inspired by pub-style favourites. Prepared daily with our exclusive recipes and signature seasonings, we think you'll love these delicious dishes!



Buffalo Chicken Wings

Perfectly seasoned chicken wings tossed in our Buffalo Sauce.



Vegetable Thai Spring Rolls

Colourful veggies encased in a crispy, crunchy wrapper.



Smokehouse Pork Ribs

Tender pork ribs smothered in a bold, smoky BBQ sauce.



Chicken & Biscuit Pot Pie

Classic pot pie filling topped with a buttermilk biscuit.

While quantities last - not available at Barrhaven or Blue Heron.

A Fun, Fresh-Market Experience

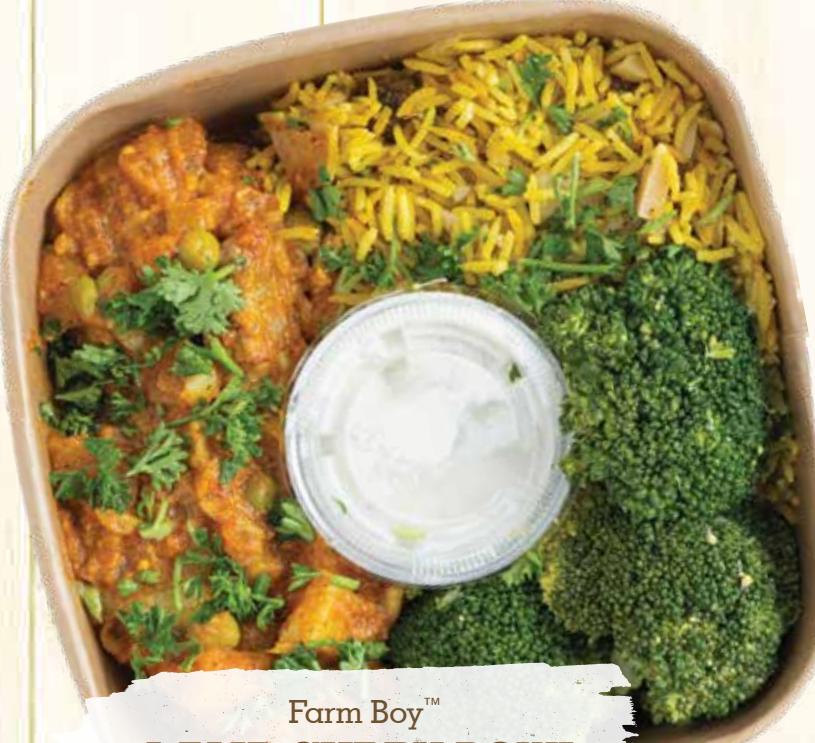
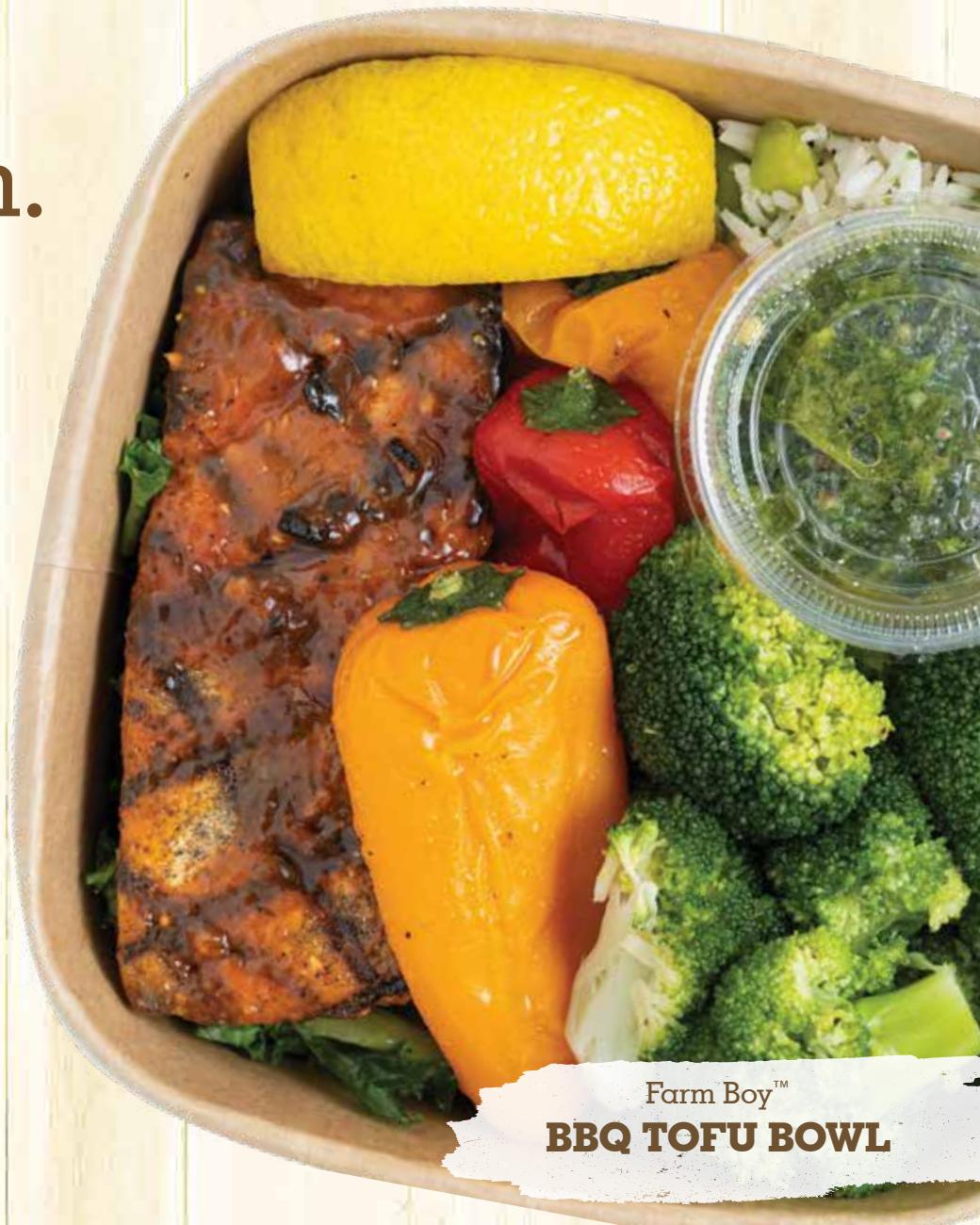
A FARM BOY
FRESH TWIST

At Farm Boy, we believe grocery shopping can be more than an errand—it can be a source of joy, discovery, and inspiration. We partner with local farmers and producers to create a shopping experience filled with hand-selected products that surprise and delight. From handcrafted dishes made with our own recipes to internationally inspired meals and more, come on in and discover what's in-store.

Discover new culinary inspiration.

Grab and go convenience.

Inspired by global flavours, our convenient meals are ready to enjoy hot or cold. Perfect for busy days, they get you closer to the farm with quality and great value—no passport required. Choose from flavours like BBQ Tofu (plant-based), Lamb Curry, Roast Beef, and more!



Made fresh by us.

Crafted daily by our chefs using fresh ingredients and exclusive recipes, our bowls make mealtime easy. Packed with vibrant veggies, tender proteins, and savoury sauces, they deliver a delicious balance of nutrition and flavour.

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

[Learn More](#)