

Come on in!

Quality, value, and freshness guaranteed.



Proudly Serving Ontario

EST. 1981 | Cornwall, ON., Canada



Large, Seedless Navel Oranges
product of USA

149 /lb
3.28/kg



Boneless Pork Loin Roast
fresh, product of Ontario

SAVE \$3.00

399 /lb
8.80/kg



Asparagus
No. 1 Grade, product of Mexico

399 /lb
8.80/kg



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

SAVE \$1.00

599 /pkg



Liberté Greek or Méditerranée Yogurt
all varieties, 4 x 100 g or 500 g

SAVE \$2.00

399 /pkg or ea



Green Ocean Basa Fillets
frozen, 907 g

SAVE \$2.00

699 /pkg



Nova Era Mini or Regular Muffins
all varieties, pkg of 4 regular or 12 mini, 336-400 g

SAVE \$1.00-\$2.00

499 /pkg



St-Albert Cheese Co-Op Fresh White Cheese Curds
all varieties, product of Canada

SAVE \$0.30

299 /100 g



Maple Lodge Chicken Breast Roast
all varieties, sliced fresh at our Deli Counter

SAVE \$0.50

249 /100 g



Farm Boy Soups
all Keto or Organic varieties, 398 mL

SAVE \$0.49 ea

2/700



Farm Boy Our Classic Macaroni & Cheese
frozen, 750 g

SAVE \$1.00

899 ea



Farm Boy All Natural Peanut Butter
500 g

SAVE \$0.61

388 ea



Covered Bridge Storm Chips
284 g

SAVE \$1.00

499 ea



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

SAVE \$2.22

377 ea



Dempster's Grain Breads
all varieties, 600 g

SAVE \$1.20-\$1.50

349 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.



FRESH SPECIALS IN EFFECT: Thurs., February 19 to Wed., February 25, 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 hours. Not all products available at all stores.

Scan here for our full digital flyer

@officialfarmboy



farmboy.ca

Meat & Seafood Market



SAVE \$3.00

9.99 /lb
22.02/kg

Cut from Canada AAA Beef Sirloin Tip Oven Roast
aged a minimum of 21 days



HOT DEAL!

10.99 /lb
24.23/kg

Top Sirloin Steak
MSA Graded 3+, product of Australia



LOCAL

SAVE \$2.00

5.99 /lb
13.21/kg

Halenda's Back Bacon
product of Ontario



GOOD CATCH SUSTAINABLE

SAVE \$1.00

12.99 /lb
28.64/kg

Coho Salmon Fillets
frozen or previously frozen, product of Chile

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.



LOCAL

SAVE \$2.00

2.99-3.99 ea

Farm Boy™ Fresh Pastas
Linguine or Pappardelle: \$2.99, 300 g
Gnocchi, Ravioli, or Tortellini: \$3.99, 300-350 g



LOCAL

SAVE \$0.52

5.47 ea

Farm Boy™ Maple Creme Cookies
400 g



SAVE \$1.11

2.88 /pkg

Farm Boy™ 8" Tortillas
all varieties, 425 g



SAVE \$1.00

4.99 ea

Natural One Pure Juices
all varieties, 900 mL



SAVE \$0.50-\$1.50

4.49 /pkg

Croissants
baked fresh in-store, all varieties, pkg of 4-6 regular or 10-12 mini, 272-480 g



SAVE \$1.00

6.99-7.99 ea

Briannas Home Style Dressings
all varieties, 296-355 mL



HOT DEAL!

4.99 ea

Prana Overnight Oats
260 g



SAVE \$1.00

4.49 ea

Becel Margarine
all varieties, 427 g



LOCAL

SAVE \$0.50

2.99 /100 g

Brandt Polish-Style Ham
sliced fresh at our Deli Counter

FRESH Produce Arriving Daily!



2/3.00

Large Pink Grapefruit
product of Egypt/Morocco



3.99 /pkg

Fresh & Juicy Kiwis
product of Greece, 600 g



6 PER BAG

5.00 /bag

Fresh Avocados
product of Mexico



2.99 /pkg

The Little Potato Co. Creamer Potatoes
Canada No. 1 Grade, product of Canada, 454-680 g



LOCAL

4.99 ea

arte* Salad Kits
all varieties, 315-359 g, made in Canada from domestic and imported ingredients



3 lb BAG

LOCAL

2.50 ea

Country Fresh Carrots or Onions
Canada No. 1 Grade, product of Canada



LOCAL

4.99 ea

Farm Boy™ Sweet Apple Cider or Deglet Noor Dates
Apple Cider: 2 L, product of Canada, Deglet Dates: Organic, 340 g, product of Tunisia



5 lb BOX

18.99 /box

Farm Boy™ Wild Blueberries
frozen, Canada No. 1 Grade, product of Canada



7.99 ea

Pure Canadian Maple Syrup
Canada Grade A, product of Canada, 540 mL

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!

Farm Boy™ Pasta Sauces

Our fresh-made sauces are prepared with traditional recipes and delicious ingredients like tomatoes, 35% cream, and Farm Boy™ Sweet Italian Sausage.

Available in: Alfredo, Meat, Rosé, and Sugo Di Pomodoro Tomato Sauce.

\$6.99-\$7.99 ea, 680 mL



Canadian Beef Gateway:

Your source for recipes, videos, nutritionals, and more!

Within our Butcher Shop you'll find high-quality beef cuts with the Canadian Beef Logo and a QR code. Scan for helpful product information, cooking tips, exclusive recipes, and more!



Multigrain Belgian Bread
baked by us, 500 g

SAVE \$0.50
5.49 ea



Imported Dutch Gouda
all varieties, discount applied at checkout, \$2.99/100 g, product of Netherlands

SAVE 25%



Brandt All Beef Salami
sliced fresh at our Deli Counter

LOCAL SAVE \$0.50
2.99 /100 g



Farm Boy™ Peanut Butter Filled Pretzel Bites
680 g

SAVE \$1.11
6.88 ea



Farm Boy™ Mayonnaise
select varieties, 445-890 mL

SAVE \$1.00
3.99-6.99 ea



Yoplait Minigo or Tubes
all varieties, 6x60 g or 8x56 g

SAVE \$1.00
3.99 /pkg



Mid-Day Squares Superfood Squares
all varieties, 33 g

Case of 12 \$29.99
SAVE \$0.50
2.49 ea



Balzac's Coffee Roasters Coffee
all varieties, 300-340 g

LOCAL SAVE \$4.00-\$5.00
14.99 ea



Dorset Cereals
select varieties, 540-560 g

SAVE \$3.00
6.99 ea

Floral Shop



Assorted Tropical Plants
8" pot

SAVE \$3.00
28.00 ea



African Violet
2.5" pot

SAVE \$2.00
4.00 ea

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New Finds



Farm Boy™ Cacio e Pepe Orecchiette Snack Puffs

- Crunchy, airy, 100% gluten-free puff snacks!
- Crafted from wholesome, protein-rich fava beans.
- Infused with the taste of bold, aged cheese and cracked black pepper.



Farm Boy™ Teriyaki Sauce

- Sweet, savoury, and packed with umami-rich flavour.
- Made with naturally aged soy sauce for a deeper, more refined profile.
- Perfect for marinades, sauces, stir-fries, and more.

Farm Boy™ Ramen

- Authentic, restaurant-quality ramen crafted in small batches.
- Mouthwatering combination of broth, noodles, protein, and veggies.
- Proudly prepared in Ontario.



Farm Boy™ Soy & Tamari Soy Sauce

- Traditionally crafted using quality ingredients.
- Naturally aged for an umami-rich flavour.
- Excellent in dips, sauces, stir-fries, soups, and more.



Plant-Based Mushroom Stroganoff



[View Full Recipe Online](#)

Ingredients

250 g Farm Boy™ Whole Wheat Tagliatelle Pasta

1 Tbsp extra virgin olive oil or avocado oil

1 large onion, diced

2 cloves garlic, minced

450 g mushrooms, sliced

1 pack Farm Boy™ Plant Based Original Veggie Ground

1 cup Farm Boy™ Organic Low Sodium Vegetable Broth

1 ½ Tbsp Farm Boy™ Organic Tamari Sauce, or to taste

1 ½ Tbsp Farm Boy™ Cornstarch

2-3 Tbsp Farm Boy™ Nutritional Yeast, to taste

¾ tsp Farm Boy™ Organic Paprika

1 cup Farm Boy™ Organic Unsweetened Almond Plant-Based Beverage

Salt and pepper to taste

¼ cup chopped parsley for garnish

Directions

- 1** Cook Farm Boy™ Whole Wheat Tagliatelle Pasta according to package directions. Drain and toss with a bit of extra virgin olive oil to prevent it from sticking. Set aside.
- 2** In a large skillet, heat extra virgin olive oil over medium-high heat and add onions. Cook, stirring often, until softened, about 2-4 minutes.
- 3** Add garlic and mushrooms and cook for about 10 minutes, until mushrooms are soft.
- 4** Add Farm Boy™ Plant Based Original Veggie Ground. Stir to combine and cook for 5 minutes.
- 5** In a large measuring cup, combine low sodium vegetable broth, tamari sauce, cornstarch, nutritional yeast, paprika, and unsweetened almond plant-based beverage. Whisk until smooth and pour into skillet, stirring to combine. Bring to a gentle boil and cook, stirring often, for 5-10 minutes, until thickened. Season with salt and pepper to taste.
- 6** Stir in cooked pasta and toss to combine. Cook gently for a few minutes to make sure everything is hot.
- 7** Serve, garnished with fresh parsley.





Happy Ramadan!

Ramadan Mubarak!
To all our customers, vendors,
and Team Members observing,
we wish you a peaceful
and joyful Ramadan.



Happy Ramadan!



**Sukkari
Galaxy Dates**
product of Saudi Arabia, 400 g

6.99
/pkg



Ajwa Dates
product of Saudi Arabia, 400 g

9.99
/pkg



**Turkish
Lerida Figs**
product of Türkiye, 500 g

9.99
/pkg



**Jordanian
Medjool**
product of Jordan, 1 kg

14.99
/pkg



**Turkish
Garland Figs**
product of Türkiye, 200 g

2.99
/pkg



**Tunisian
Pitted Dates**
product of Tunisia, 200 g

1.99
/pkg



**Organic
Date Syrup**
product of
United Arab Emirates, 470 g

6.49
ea

MEDAL WORTHY MEALS

Winter is all about big experiences—and even bigger comfort. Whether you're hitting the slopes, lacing up for a skate, or out on the trails, Farm Boy brings the warmth with **fresh, locally made** pastas and **in-house made** sauces that deliver podium-worthy flavour with effortless prep. This winter, feel like a champion with four Farm Boy favourites that go for gold every time.

Farm Boy™ Fresh Gluten Free Spinach & Cheese Ravioli

After a long day outdoors, this gluten-free ravioli delivers all the cozy satisfaction of a classic comfort meal—no gluten required. Made in small batches with ricotta, spinach, and tender gluten-free pasta dough, it's a winning finish to any winter adventure.

Why Farm Boy™ Fresh Gluten Free Spinach & Cheese Ravioli wins:

- Light yet filling.
- Gluten-free without sacrificing flavour.
- Quick to cook—perfect for busy winter nights.

Podium Pairing:

Farm Boy™ Fresh Made Alfredo



Farm Boy™ Fresh Made Meat Sauce

Nothing hits the finish line harder than a hearty meat sauce on a frosty night. Slow-simmered and savoury, this homestyle favourite brings instant warmth and deep flavour—perfect after skiing, snowshoeing, or mastering your best spin.

Why Farm Boy™ Fresh Made Meat Sauce wins:

- Rich, slow-cooked flavour.
- Heat, toss, and serve.
- Ultimate winter comfort food.

Podium Pairing:

Farm Boy™ Gluten-Free Mushroom & Ricotta Ravioli



Farm Boy™ Fresh Rosé Pasta Sauce

The figure skater of the sauce lineup, this rosé sauce blends creamy richness with bright tomato flavour for an elegant, crowd-pleasing finish. Smooth, silky, and perfectly balanced, it glides effortlessly onto your plate.

Why Farm Boy™ Fresh Rosé Pasta Sauce wins:

- Creamy yet light.
- Crowd-pleasing flavour.
- Elevates any pasta dish.

Podium Pairing:

Farm Boy™ Fresh Pappardelle



Farm Boy™ Fresh Tortellini

Cheese-filled and endlessly versatile, this fresh tortellini shows up ready to perform—whether it's a late-night dinner or a full-house watch party. Rich, comforting, and fast to prepare, it's a crowd-pleaser that never misses a step.

Why Farm Boy™ Fresh Tortellini wins:

- Rich blend of cheeses.
- Pairs with almost any sauce.
- Cooks in minutes.

Podium Pairing:

Farm Boy™ Sugo di Pomodoro Tomato Sauce



Enjoy warm, comforting meals after a day on the slopes—or while cheering on Team Canada!

FEED THE DREAM



OFFICIAL GROCER



Evening in Dublin

✿ DINNER FOR TWO ✿

Enjoy restaurant-quality dining at home with this incredibly priced, gourmet four-course meal.

Menu

Homestyle Bread

.....

Pilsner &
Potato Chowder

.....

Irish Cheese Flan
with Balsamic Glazed Onions

.....

Beef & Guinness Pot Pie
Scallion Mashed Potatoes, Gravy,
Mixed Lemon Garlic Greens

.....

Toffee Pudding
with Whipped Irish Coffee Cream

Early Bird Pricing

Order February 18-22

\$69⁹⁹

Orders starting **\$79⁹⁹**
February 23

ORDERS CLOSE:
Wednesday, Mar. 11

PICK-UP DATE:
Saturday, Mar. 14

25
Minute
Reheating

Order in-store or online.
While quantities last!

**FARMBOY.CA/
SPECIALTY-DINNERS**

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

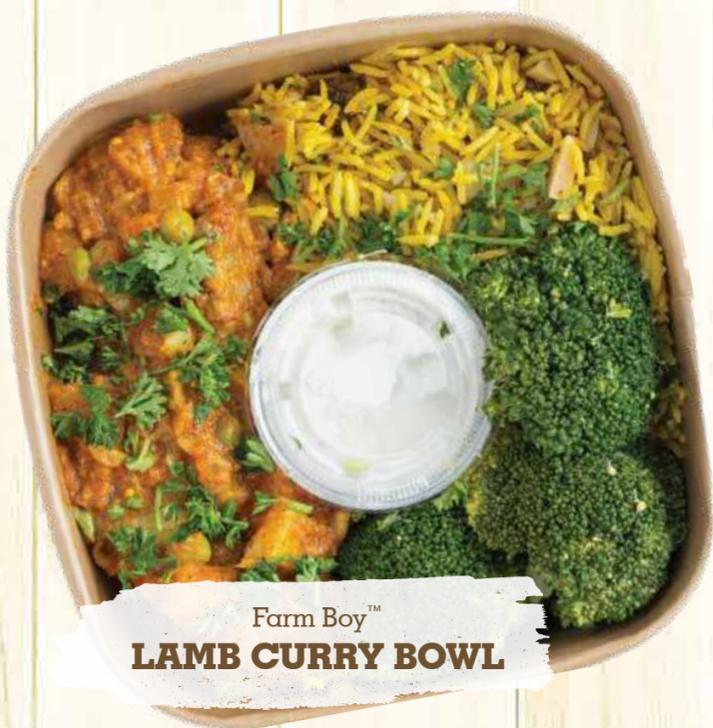


At Farm Boy, we believe grocery shopping can be more than an errand—it can be a source of joy, discovery, and inspiration. We partner with local farmers and producers to create a shopping experience filled with hand-selected products that surprise and delight. From handcrafted dishes made with our own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

Discover new culinary inspiration.

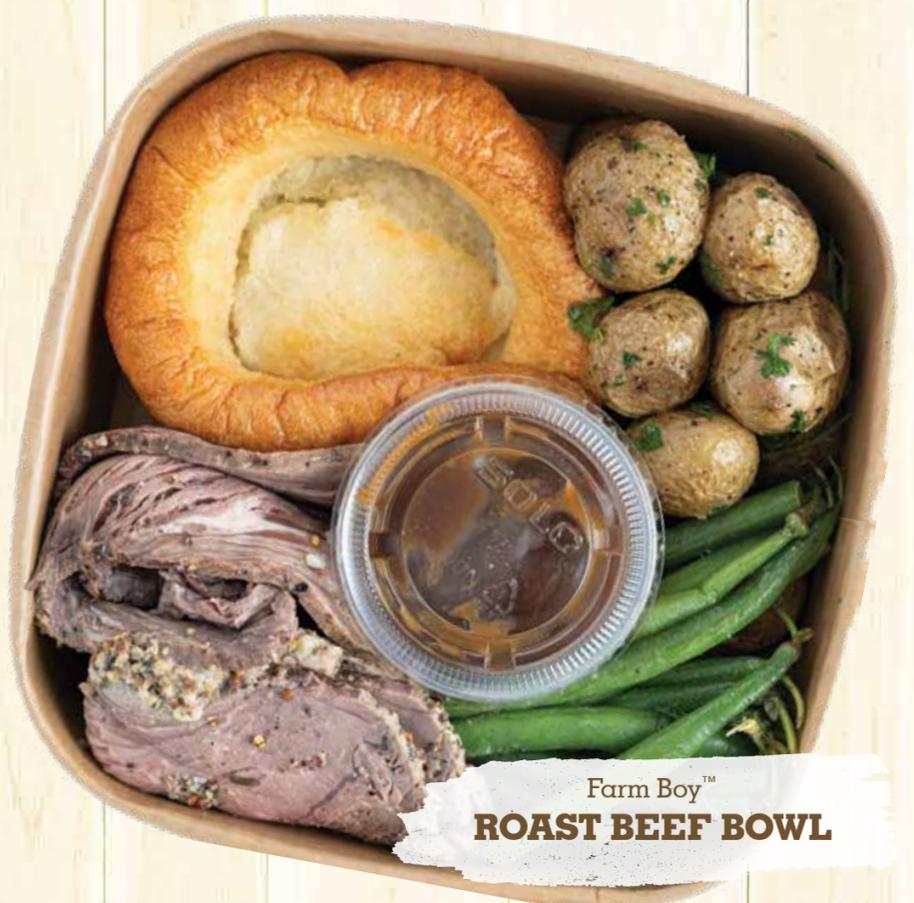
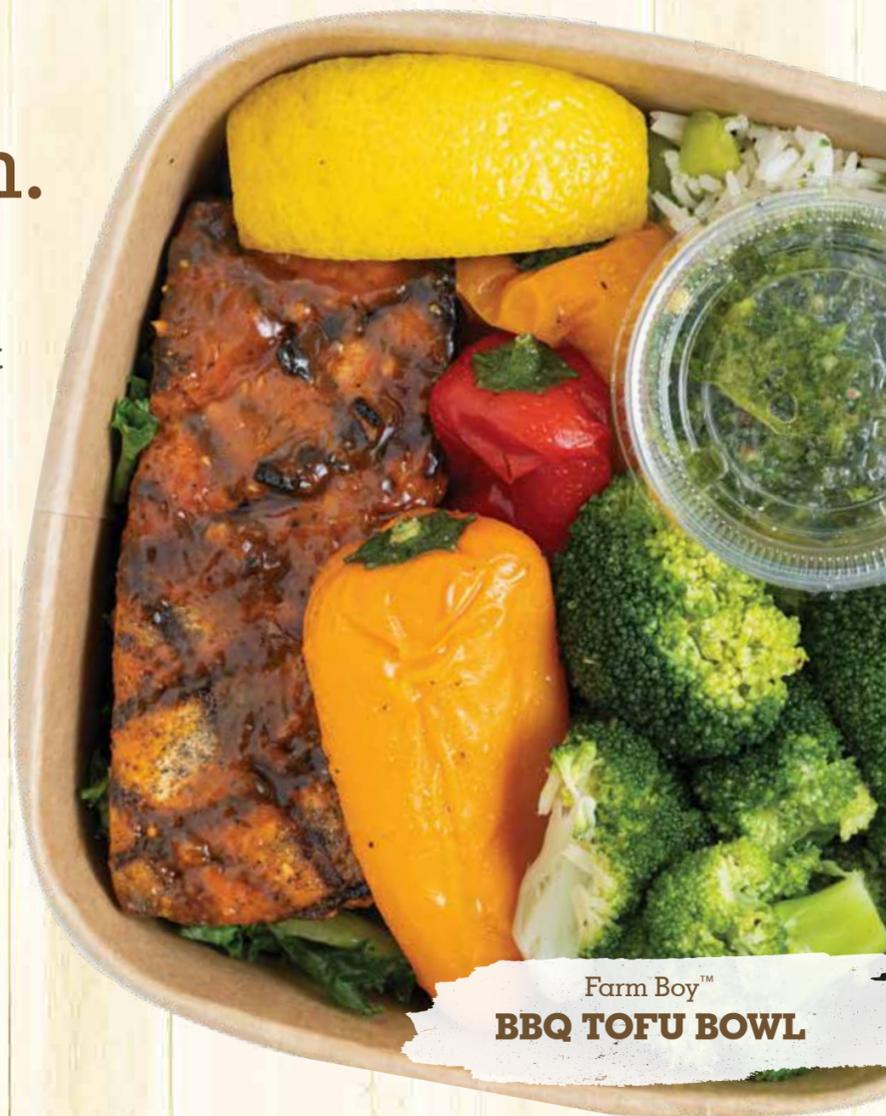
Grab and go convenience.

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](#)