



EASTER DINNERS

Enjoy a gourmet feast with our chef-prepared Easter Dinners for 2 or 6-8!



Last day to order:
Sun. March 29



PKG OF 3

3.99
/pkg

Romaine Hearts
product of Mexico/USA



SAVE \$2.00

2.99
/lb
6.59/kg

Fresh **Whole Chicken**
Canada Grade A,
product of Ontario



1 lb PKG

2.99
/pkg

Sweet & Juicy **Strawberries**
No. 1 Grade, product
of Mexico/USA, 454 g



SAVE \$3.00

3.99
/lb
8.80/kg

Boneless Pork Loin Roast
fresh, product of Ontario



SAVE \$1.52

5.77
ea

Simply **Orange Juice**
all varieties, 1.36-1.54 L



SAVE \$4.00

9.99
/lb
22.02/kg

Coho **Salmon Fillets**
frozen or previously frozen,
product of Chile



PKG OF 6

SAVE \$1.00

4.99
/pkg

Jumbo Portuguese Buns
528 g



SAVE \$0.60

2.99
/100 g

St-Albert Cheese Co-Op **Medium or Old Cheddar**
cut or sliced, product of Canada



SAVE \$0.50

2.49
/100 g

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



SAVE \$0.49 ea

2/5.00

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



SAVE \$1.22

8.77
ea

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



SAVE \$0.72

3.27
ea

Farm Boy™ **Kettle Cooked Potato Chips**
all varieties, 142-185 g



SAVE \$1.20-\$1.50

3.49
ea

Dempster's **Grain Breads**
all varieties, 600 g



SAVE \$1.50

4.29
ea

Silk **Plant-Based Beverages**
all varieties, 1.89 L



SAVE \$1.00

5.99
/pkg

La Croix **Flavoured Sparkling Water**
all varieties, 8x355 mL

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., March 12 to Wed., March 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 hours. Not all products available at all stores.

Scan here for our full digital flyer

@officialfarmboy



farmboy.ca

Meat & Seafood Market

LOCAL



SAVE \$1.00

7⁹⁹ /lb
17.61/kg

Rachel's **Corned Beef Brisket**
product of Ontario

CANADIAN BEEF



SAVE \$1.00

6⁹⁹ /lb
15.41/kg

Farm Boy™ Chef-Inspired **Gourmet Beef Meatballs**
made by us, all varieties, product of Canada

CANADIAN BEEF



SAVE \$3.00

12⁹⁹ /lb
28.64/kg

Cut from Canada AAA Beef **Beef Short Ribs**
Thick English Cut or Thin Flanken Slice,
aged a minimum of 14 days

GOOD CATCH SUSTAINABLE



SAVE \$2.00

13⁹⁹ /lb
30.84/kg

Wild Caught **Cod Fillets**
product of USA, previously frozen,
available at all stores except Blue Heron Mall

Chef's Market

Flavour Fiesta!

- Crafted by our chefs using our exclusive recipe and signature spice blend.
- A bold mix of black beans, corn, fire-roasted tomatoes, ground beef, jalapeños, and peppers.
- Pairs perfectly with Farm Boy™ Tortilla Chips or Sour Cream.

TRY A SAMPLE THIS WEEKEND!



7⁹⁹ ea

Farm Boy™ **Mexican Street Taco Soup**
946 mL

LOCAL



SAVE \$0.49 ea

2/4⁰⁰

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

Organic



SAVE \$1.11

6⁸⁸ ea

Farm Boy™ **Pickles**
all varieties,
500 mL-1 L



SAVE \$1.30

4⁹⁹ ea

Neilson **Cottage Cheese**
all varieties, 500 g

LOCAL



SAVE \$0.50

2⁹⁹ ea

Farm Boy™ **Homestyle Garlic Bread**
325 g



SAVE \$0.52

6⁴⁷ ea

Farm Boy™ **Chocolate Hazelnut Spread**
350 g

HOT DEAL!



2⁹⁹ ea

Veggiepasta **Gluten-Free Pasta**
all varieties, 340 g

SAVE \$1.22

6⁷⁷ ea

Armstrong **Shredded Cheese Blends**
all varieties, 320 g

SAVE \$1.00

6⁹⁹ /pkg

Farm Boy™ **Tapas Trio**
90 g

FRESH Produce Arriving Daily!

NEW CROP



1⁴⁵ /lb
3.20/kg

Bartlett Pears
Extra Fancy Grade,
product of South Africa



3/5⁰⁰

Large **Avocados**
product of Mexico



1³⁵ /lb
2.98/kg

Large, Seedless **Navel Oranges**
product of USA

Fresh COCONUT



2/5⁰⁰

Young **Coconut**
product of Vietnam

4 lb CASE



6⁸⁸ /case

Asian Pears
Extra Fancy Grade,
product of China



2⁹⁹ /pkg

Golden Berries
product of Peru, 200 g

1 DRY PINT



2⁷⁵ /pkg

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

.95 /lb
2.09/kg



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

1 lb PKG

340 g PKG



3⁹⁹ /pkg

Mini Cucumbers or Sweet Snap Peppers
Mini Cucumbers: 1 lb bag,
Sweet Snap Peppers: 340 g bag,
No. 1 Grade, product of Canada/Mexico

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™

Homestyle Quiches

- Golden, flaky pastry filled with soft, hearty eggs.
- Packed with wholesome veggies, savoury meats, and tasty mix-ins.
- Just heat, serve with our fresh salads or soups, and enjoy!

\$9.99 ea, 550-575 g



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!



SAVE \$2.00

4.99 /pkg

From the Bake Shop
Apple Turnovers
520 g

SAVE \$1.00

6.99 ea

Farm Boy™
Feta Cheese
Barrel Aged, Organic, or Sheep's Milk, product of Greece, 200 g

SAVE \$0.50

2.99 /100 g

LOCAL

Brandt
All Beef Salami
sliced fresh at our Deli Counter

SAVE \$1.22

4.77 ea

Farm Boy™
House-Blend Party Mix
350 g

SAVE \$0.50

4.49 ea

Ritter Sport
Chocolate Bars
all varieties, 100 g

SAVE \$1.00

6.49 ea

Rolling Meadow
Grass Fed 2% Milk
2 L

Case of 12 \$29.99

SAVE \$0.50

2.49 ea

Mid-Day Squares
Superfood Squares
all varieties, 33 g

SAVE \$4.00-\$5.00

14.99 ea

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

SAVE \$1.00

6.99 ea

Neal Brothers
Salsa
select varieties, 410 mL

Floral Shop

SAVE \$3.00

9.99 ea

Farm Boy™
10 Stem Tulips
Locally Grown!

SAVE \$1.00

14.00 ea

St. Patrick's
Medium Bouquet

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March 14 is **Pi Day**

A crust above.

Farm Boy™ **Homestyle Pies**

- Tender pie crust with sweet, vibrant fruit filling.
- Crafted using a simple recipe and quality ingredients.
- Proudly prepared in Canada.



Farm Boy™ **Savoury Meat Pies**


- Golden pie pastry with hearty chicken or traditional tourtière filling.
- The ultimate convenience, just pop them in the oven and dig in!
- Proudly prepared in Canada.

Farm Boy™ **Pot Pies**

- Buttery, flaky pastry with hearty beef, chicken, pork, or salmon filling.
- Made by us with our own homestyle recipes.
- Simply heat and serve with your favourite sides.



Braised Pot Roast with Rich Gravy

 PREP:
10 mins

 COOK TIME:
4 hours

 SERVES:
4

 DIFFICULTY:
Easy

[View Full Recipe Online](#)

Ingredients

Roast:

- 1 kg boneless beef blade roast
- Salt and pepper to taste
- 1 Tbsp Farm Boy™ Extra Virgin Olive Oil
- 1 yellow or white Spanish onion, chopped
- 2 cloves garlic, chopped
- 2 cups Farm Boy™ Organic Low Sodium Beef Broth
- 1 Tbsp Farm Boy™ Organic Tomato Paste
- 4 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 2 bay leaves
- 3 cups red baby potatoes
- 3 medium carrots, cut into 3" pieces
- 3 parsnips, cut into 2" pieces
- 2 ribs celery, cut into 2" pieces

Gravy:

- 2 Tbsp Farm Boy™ All Purpose Flour
- 3 Tbsp cold water
- Salt and pepper to taste

Directions

- 1 Preheat oven to 300°F.
- 2 To make Roast: Season roast generously with salt and pepper. In a Dutch oven, heat Farm Boy™ Extra Virgin Olive Oil and brown beef on all sides until golden brown.
- 3 Add onions, garlic, Farm Boy™ Organic Low Sodium Beef Broth, Farm Boy™ Organic Tomato Paste, rosemary, thyme, and bay leaves. Bring to a simmer on stovetop and then cover and place in the oven. Cook for 3 hours.
- 4 Add potatoes, carrots, parsnips, and celery and cook for another hour, or until roast is fork tender.
- 5 To make Gravy: Remove beef and vegetables from Dutch oven and keep warm on a platter. Using an immersion blender, process pan juices until completely smooth.
- 6 In a small cup, mix together Farm Boy™ All Purpose Flour and water into a slurry.
- 7 Bring juices to a boil in the Dutch oven and add the flour and water slurry. Whisk until thickened. If it thickens too much, you can thin it out with a bit more broth. Season to taste with salt and pepper.
- 8 Serve beef with vegetables and gravy.





Happy Ramadan!

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



Happy Ramadan!



6.99
/pkg

Sukkari Galaxy Dates

product of Saudi Arabia, 400 g



9.99
/pkg

Ajwa Dates

product of Saudi Arabia, 400 g



9.99
/pkg

Turkish Lerida Figs

product of Türkiye, 500 g



14.99
/pkg

Jordanian Medjool Dates

product of Jordan, 1 kg



2.99
/pkg

Turkish Garland Figs

product of Türkiye, 200 g



1.99
/pkg

Tunisian Pitted Dates

product of Tunisia, 200 g



6.49
ea

Organic Date Syrup

product of
United Arab Emirates, 470 g



COMPLETE EASTER DINNER

SERVES 6-8 PEOPLE

Turkey or Ham You Choose!



Includes
A Treat
from our
Chefs!



DON'T FORGET
TO ADD DESSERT!

Enjoy a Roasted Turkey with Cranberry Ginger Sauce and Turkey Gravy, or choose a Smoked Ham with Maple Mustard Glaze and Honey Mustard Cream Sauce.

Includes four delicious sides to complete your meal:

Chive Mashed
Potatoes

Cranberry Apple
Sausage Stuffing

Steamed
Green Beans

Roasted
Baby Carrots

ORDERS CLOSE:

Sunday, March 29

PICK-UP DATES:

Thursday, April 2
Saturday, April 4

All pictures shown are for illustration purposes only.



2 Hour
Cooking
Time Required

Order in-store or online at farmboy.ca/specialty-dinners/ - While quantities last!



EASTER

✿ DINNER FOR TWO ✿

This Easter, enjoy restaurant quality dining at home with this incredibly priced 4-course meal designed by the Farm Boy Chefs.

Simply pre-order online or in-store for pickup, follow the heating instructions, and enjoy!

MENU

Carrot Tomato Soup with Herb Oil and Tomato Crumb

.....

✿ Beet Tartare with Honey Whipped Ricotta ✿

.....

Garlic Buns

.....

✿ Roasted Turkey Breast with Cranberry Apple Sausage Stuffing ✿

.....

Cranberry Ginger Sauce and Turkey Gravy

.....

Roasted Baby Carrots, Green Beans and Chive Mashed Potatoes

.....

✿ Carrot Cake Blondie with Cream Cheese Whipped Cream ✿

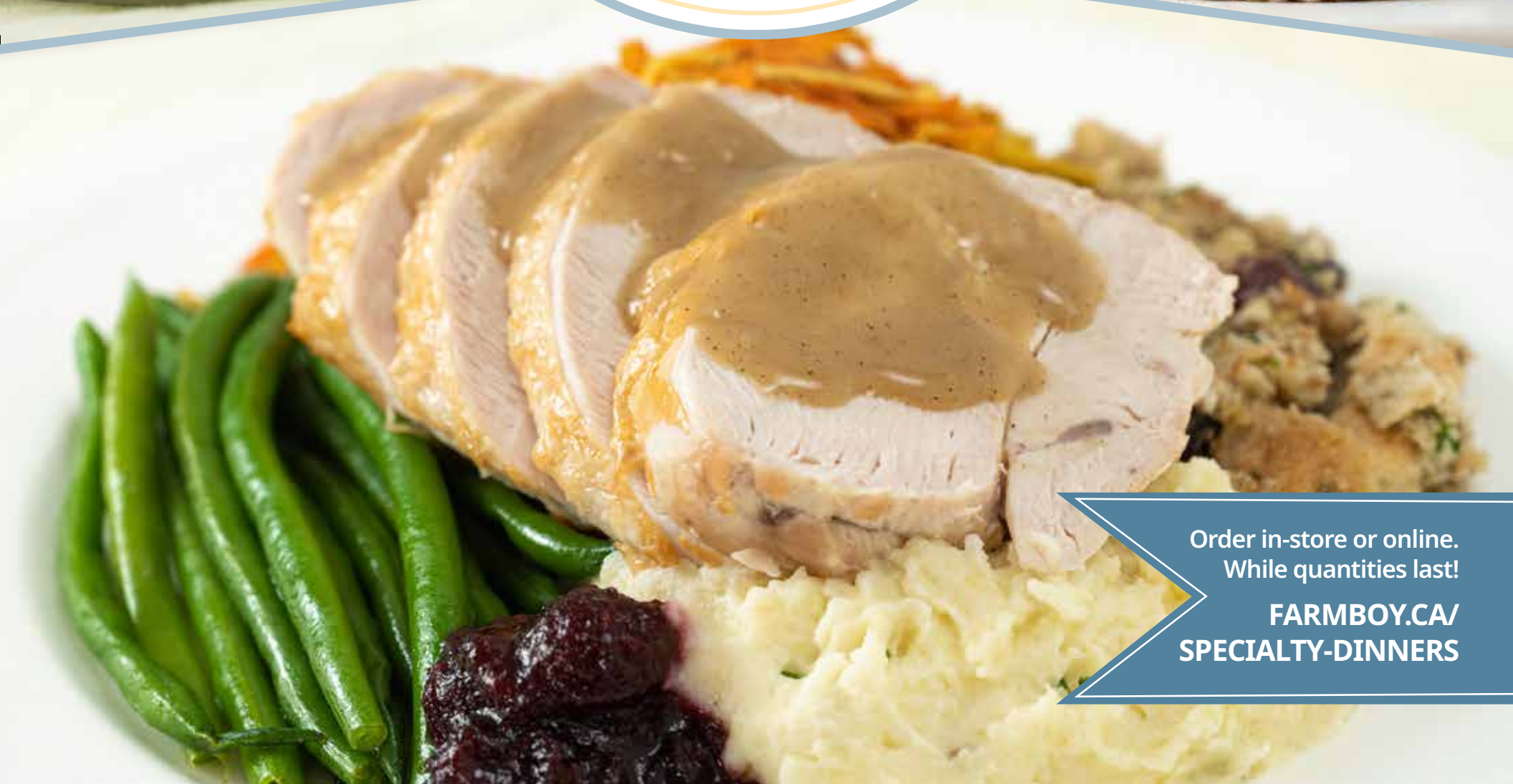
ORDERS CLOSE:

Sunday, March 29

PICK-UP DATE:

Saturday, April 4

50 MINUTES REHEATING



Order in-store or online. While quantities last!

FARMBOY.CA/
SPECIALTY-DINNERS

Monthly Hot Bar Menu



IRISH HILLS

Tuck into homestyle cooking with a mouthwatering, chef-prepared menu inspired by classic Irish flavours. Prepared daily with exclusive recipes and high-quality ingredients, we think you'll love these delicious dishes!



Leek & Potato Gratin

Layers of cheesy potatoes and leeks with a golden crust.



Hearty Beef Stew

Slow-cooked beef and veggies in a rich, savoury gravy.



Chicken Coddle

Perfectly seasoned rustic stew with chicken.



Maple Roots & Sprouts

Tender vegetables in a sweet maple syrup glaze.

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

A Fun, Fresh-Market Experience

A FARM BOY
**FRESH
TWIST**

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 stocked with hand-selected products chosen just for you to enjoy. From handcrafted items made with our own recipes to seasonal sweets that show the best our country has to offer, come on in and discover what's in-store.

Tap into something sweet.

Fresh Baked Maple-Flavoured Cruffies

- Our buttery croissant-muffin pastry.
- Filled with a rich, maple-flavoured cream.
- A handcrafted treat only available for a limited time.



When fluffy meets flaky.



Made from scratch.

Farm Boy™ Maple BBQ Sauce

- Crafted by us in small batches.
- Made with simple ingredients and our own recipes.
- Versatile enough to use as a basting sauce, dip, or marinade.

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

[Learn More](#)