

Come on in!

Quality, value, and freshness guaranteed.

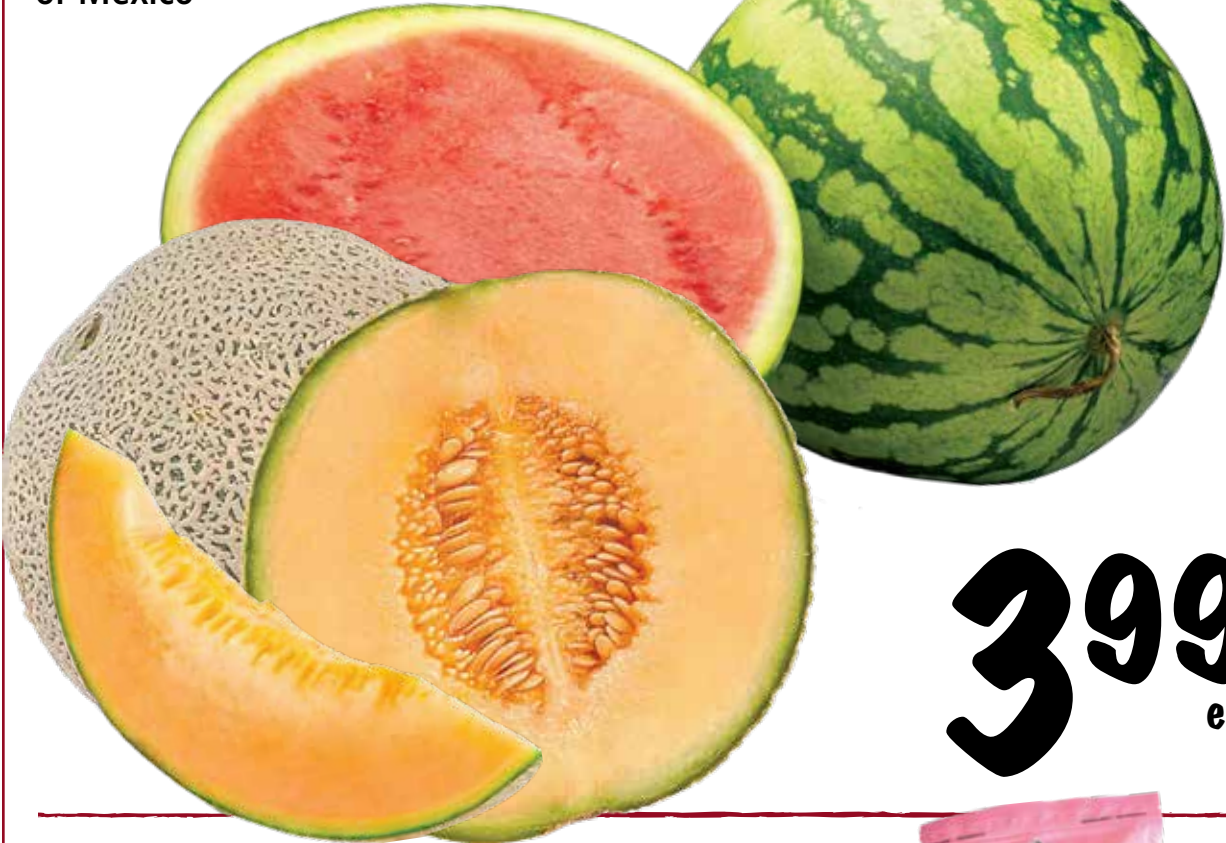


Proudly Serving Ontario

EST. 1981 | Cornwall, ON., Canada

Jumbo Cantaloupes or Mini Watermelons

product of Guatemala or Mexico



3.99 ea

Excellent value!



Fresh **Pork Tenderloin**
family pack size,
product of Canada

Save \$3

4.99 /lb
11.00/kg

Deli Express **Wieners**
while quantities last,
limit of 4 packages, 375 g

HOT DEAL!



1.99 /pkg

Farm Boy™ **Raw Wild Caught Argentinian Shrimp**
15-23 shrimp per bag, frozen,
23-30/lb count, 340 g



7.99 /pkg

Save \$5

Large Avocados, Eggplants, or Green Peppers
Avocados: \$1.65 ea,
Eggplants or Green Peppers: \$1.65/lb (\$3.64/kg),
product of Mexico/USA



1.65 ea
or /lb

From the Bake Shop **Belgian Bread**
500 g



Save \$1

3.99 ea

Farm Boy™ **Gelato or Sorbet**
all varieties, 500 mL



Save \$2

5.99 ea

Farm Boy™ **Tabouleh**
325 g



Save \$1

4.99 ea

Farm Boy™ **Double Baked Pita Crackers**
all varieties, 170 g



Save \$.72

3.27 ea

Natural One **Orange Juice**
1.7 L



Save \$2

5.99 ea

Farm Boy™ **Popcorn**
all varieties,
125 g



Save \$.52

2.97 ea

Farm Boy™ **Pasta** select varieties, 450 g

NEW!



Save \$0.41

1.88 /pkg

Armstrong **Cheese Bars** all varieties, 400 g



Save \$1.82

6.47 ea

Farm Boy™ **Flavoured Sparkling Water**
all varieties, 12x355 mL

organic



Save \$1

6.99 /pkg

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.

A FARM BOY **FRESH TWIST**
Discover what makes us different!
Look for this mark in store.

FRESH SPECIALS IN EFFECT: Thurs., May 7 to Wed., May 13, 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 hours. Not all products available at all stores.

Scan here for our full digital flyer



@officialfarmboy

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

Meat & Seafood Market

Chef's Market

Maple Leaf
**Boneless,
Skinless Chicken Thighs**
pkg of 9, product of Canada

HOT DEAL!



14⁰⁰
/pkg

Cut from Canada AAA Beef
Striploin Grilling Steaks
aged a minimum of 21 days



Save \$3

23⁹⁹
/lb
52.89/kg

Flat-Out Delicious!

- Expertly cut and trimmed by our butchers.
- Back and breastbone removed for easy cooking and carving.
- Grill-ready and available in plain or marinated varieties.



Farm Boy™ Chef-Prepped
Flatened Chicken
all varieties, made by us,
product of Canada



5⁹⁹
/lb
13.21/kg

Farm Boy™
**Peameal-Style
Sliced Bacon**
product of Ontario, 500 g



Save \$1

5⁹⁹
/pkg

Farm Boy™
**Cold Smoked
Atlantic Salmon**
frozen,
product
of Canada,
150 g



Save \$1

8⁹⁹
/pkg

Farm Boy™
Grilling Sauces
all varieties, 350 mL



Save \$.52

5⁴⁷
ea

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



Save \$1.44

3²⁵
/pkg

Farm Boy™
Maple Creme Cookies
400 g



Save \$1

4⁹⁹
/pkg

Activia
Probiotic Yogurt
all varieties, 8x100 g



Save \$1.50

5⁹⁹
/pkg

Belvoir Farm
Lemonade
all varieties,
4x250 mL

HOT DEAL!



4⁹⁹
/pkg

Farm Boy™
Artisan Crackers
all varieties, 150 g



Save \$1.02

4⁹⁷
/pkg

Rao's Homemade
Authentic Pasta Sauces
all varieties, 660 mL



Save \$4

9⁹⁹
ea

Burnbrae Farms
Omega-3 Eggs
Canada Grade A,
select varieties, pkg of 12



Save \$.82-\$2.02

5⁷⁷
/pkg

FRESH Produce Arriving Daily!

Mini Cucumbers
Canada No. 1 Grade,
product of Canada



2 lb
PKG



3⁹⁹
/pkg

**Hydroponic
Boston Lettuce**
product of Canada



2/5

**Portabella
Mushrooms**
product of Canada



Great
for BBQ!



2⁹⁹
/lb
6.59/kg

Greenbelt
Salad Greens
select varieties,
product of Canada,
113-142 g



Organic



3⁹⁹
ea

Sweet Snap Peppers
product of Mexico,
340 g



2⁹⁹
/pkg

**Green
Onions**
product of
Mexico/USA



Fresh and
flavourful!

.99 ea

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



1 DRY
PINT

2⁹⁹
/pkg

Okra product of Honduras



3⁹⁹
/lb
8.80/kg

Large
Lemons
product of South Africa/USA



3/2⁵⁰

Asian Pears
Extra Fancy Grade, product of China



4 lb
CASE

Crisp
and sweet!

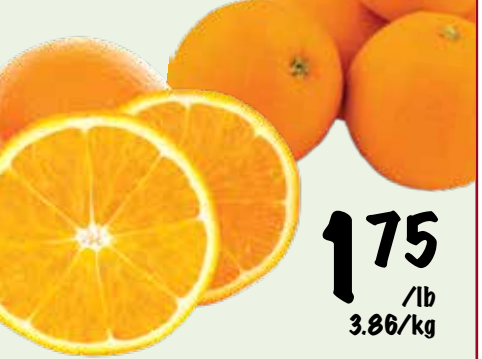
6⁸⁸
/case

Sweet & Juicy
Blackberries
product of
Mexico/USA,
170 g



2⁹⁹
/pkg

Large, Seedless
Navel Oranges
product of USA



1⁷⁵
/lb
3.86/kg

Fresh from Farm Boy

Farm Boy™ Hummus

- Crafted with simple ingredients and an authentic recipe!
- Exceptionally fresh—free of artificial colours or flavours.
- Proudly prepared in Ontario. all varieties, 300 g



4.99 ea

Farm Boy™ Organic Hummus

- Made with a traditional recipe and certified organic ingredients.
- Free of artificial colours or flavours.
- Locally crafted by a family-owned business. Beet, Original, or Tunisian, 210 g



Save \$.99 ea

2/8

Deli and Cheese

Île de France Double Cream Brie

cut fresh at our Cheese Counter, product of France



Smooth and buttery cheese!

Save \$1 **2.99** /100 g

Brandt Oven Roasted Chicken Breast

sliced fresh at our Deli Counter



Save \$.50 **3.49** /100 g

Farm Boy™ Halloumi

all varieties, 200 g



Save \$1 **6.99** ea

Perron 7 Year Old White Cheddar



Unique flavour! **3.99** /100 g

Brandt Smoked Farmer Sausage

gluten-free, sliced fresh at our Deli Counter



Save \$.50 **2.19** /100 g

Farm Boy™ Sliced Rosette de Lyon

all varieties 125 g



Ready to serve!

Save \$.50 **8.49** /pkg

Farm Boy™ Donuts

all varieties, pkg of 9, 294-516 g



Save \$1 **7.99** /pkg

From the Bake Shop Sourdough Mini Boule

240 g

Naturally tangy!



Save \$.50 **2.49** ea

Bar Cakes

all varieties, 450-500 g



Save \$1 **13.99** /pkg

Homestyle Plant-Based Cookies

baked fresh by us, all varieties, pkg of 12, 468-480 g



Vegan

Save \$.50 **6.49** /pkg

Farm Boy™ Flatbreads

all varieties, 150 g



Save \$.50 **4.49** /pkg

Farm Boy™ Garlic Bread

325 g



Save \$1 **2.99** ea

Farm Boy™ 10 Stem Tulips

Locally grown!



Save \$3 **9.99** ea

Premium Long Stem Roses

1 dozen



50 cm stems!

Save \$3 **22** ea

Grocery

Farm Boy™ Chocolate Hazelnut Spread

- Made with real hazelnuts and cocoa powder.
- A convenient choice for dessert recipes and dipping!
- Product of Italy.

Sweet, rich,
and decadent.



Save \$.52

647 ea

Farm Boy™ Nitro Cold Brew

all varieties, 355 mL



Save \$.49 ea

2/5

Farm Boy™ Tea all varieties, 20 ct



Save \$.52

447 /pkg

Farm Boy™ Pure Ontario Maple Syrup

Canada Grade A,
500 mL



Save \$1

1299 ea

Chocolats Favoris Chocolate Drops

all varieties,
200 g



Save \$.50

649 /pkg

Lino Breakfast Cereal

all varieties, 250 g



Save \$1

399 ea

Cache Cuisine Baking Mixes

all varieties,
454-908 g



Save \$.50

449-549 ea

Bel Gaufre Belgian Waffles

all varieties, 400 g



Save \$.50

549 ea

Balzac's Coffee

all varieties,
300-340 g



Save \$4-\$5

1499 ea

Caprices D'Antan Low Sugar Apple Butter

all varieties, 300 mL



Save \$1

499 ea

Brianna's Homestyle Dressings

all varieties,
296-355 mL



Vibrant,
tangy,
homestyle
taste!

Save \$1

699-799 ea

Maple 3 Sparkling Waters

all varieties,
355 mL



Save \$1

229 ea

BSA Non-Alcoholic Beers

all varieties,
473 mL



Save \$.50

349 ea

Dairy and Frozen

Farm Boy™ Portuguese Custard Tarts

pkg of 6, 450 g



Locally
crafted with
a traditional
recipe.

Save \$.50

749 /pkg

Farm Boy™ Apple Cinnamon Phyllo Bites

454 g



Crunchy, flaky,
and ready to bake!

Save \$1

699 /pkg

Farm Boy™ Eclairs all varieties, 240 g



Save \$1

699 /pkg

Farm Boy™ Cheesecakes

all varieties, 500 g



Save \$1

1299 ea

Starbucks Coffee Creamer

all varieties,
828 mL

Café-inspired
flavours!



Save \$.70

829 ea

International Delight Coffee Creamer

all varieties,
946 mL



Save \$.70

629 ea

Silk Plant-Based Creamer

all varieties,
890 mL

Smooth, rich,
and dairy-free.



Save \$.80

599 ea

International Delight or Silk Cold Foam

all varieties,
369-396 g

Light and
frothy!



Save \$1

699 ea

Happy Mother's Day!

From all of us at Farm Boy,
we're wishing a Happy
Mother's Day to all the
moms and mom-figures
in our community.



For Mom with Love

This Mother's Day, shower Mom with love and delicious treats curated by us! With a wide selection of good food from good neighbours, our shelves are filled with local favourites and thoughtfully sourced delights. **Discover these perfect pairings and more at your Farm Boy fresh-market.**

Farm Boy™

Buttermilk Scones & Coffee Pods

- Our scones are locally crafted in small batches without artificial colours or flavours.
- Seven coffees come together to form a bold, full-bodied espresso blend in a convenient pod.



Farm Boy™

Gourmet Ice Cream & Sparkling Lemonades

- Made locally from 100% Canadian dairy, our ice creams contain no preservatives, artificial flavours, or colours.
- Our artisanal-style sparkling lemonades are made the old-fashioned way with spring water and natural flavours!



Farm Boy™

Non-Alcoholic Beverages & Shortbread Cookies

- Sip on our zero-proof beverages crafted with traditional wine recipes for a crisp, well-balanced flavour.
- Crafted with 100% real butter, our shortbread is free of artificial colours, flavours, and preservatives.



For Mom with Love

Experience the wonderful aromas and colours of the season with our **curated selection of flowers we think you'll love**. From fresh-cut tulips to hand-arranged bouquets and ready-to-plant favourites, we have everything you need to bring natural beauty into your space. Each bloom arrives in store at peak freshness and offers a long vase life, making gifting effortless and long-lasting.



Orchard Bloom Bouquet
\$35.00 ea



Rainbow Tulips
\$20.00 ea



Farm Boy™ Country Posies
\$12.50 ea



Wow Mom Bouquet
\$40.00 ea



Large Bouquets
\$20.00 ea



Medium Bouquets
\$15.00 ea



Ready to Plant Lavender
\$13.00 ea, 6" pot



Ready to Plant Chrysanthemums
\$8.00 ea, 4.5" pot



Fragrant RosAroma
\$16.00 ea, **SAVE \$2**



Mumsie
\$15.00 ea



For Mom with Love

Enter online for your chance to spoil Mom with a curated Farm Boy™ Gift Basket filled with treats she'll love!

Contest runs **April 30 to May 10.**

✿ [CLICK HERE TO ENTER!](#) ✿



NO PURCHASE NECESSARY. Full Contest rules and no purchase entry method found at farmboy.ca/mothers-day-contest/. Contest runs from Thursday, April 30th to Sunday, May 10th. Open to legal residents of Ontario who have reached the age of majority on the date they enter the Contest. There are 5 Prizes to be won. Each Prize consists of Farm Boy Gift Baskets (ARV \$100 CAD). The Prizes have no equivalent cash value, are non-transferrable, and no substitutions will be made. Correctly answered skill testing question required.

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.

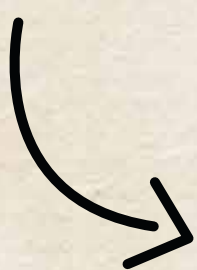
Bella Casara

Stracciatella



Crafted in Canada, this soft, creamy cow's milk cheese is prepared using a traditional Italian recipe. It's sweet, mild flavour and delicate texture offer a milky freshness that's both delicious and versatile. Enjoy it in pastas, risottos, salads, or dolloped onto homemade pizza!

Made from 100% Canadian dairy!



Try it with...

Farm Boy™
**Italian
Condiments**

\$5.99-\$6.99 ea, 212 mL

Farm Boy™
**Pizza
Sauce**


\$3.99 ea, 250 mL

Farm Boy™
**Imported
Prosciutto**

\$4.49/100 g



Honey Walnut Phyllo Rolls

 PREP:
40 mins

 BAKE TIME:
30-35 mins

 MAKES:
28

 DIFFICULTY:
Easy

[View Full Recipe Online](#)

Ingredients

- ¼ cup granulated sugar
- ¾ cup water
- ½ cup Farm Boy™ Pure Ontario Honey
- 2 Farm Boy™ Cinnamon Sticks
- 2 Tbsp fresh lemon juice
- 1 tsp Farm Boy™ Orange Blossom Water
- 2 cups toasted finely chopped walnuts
- ½ cup granulated sugar
- 2 tsp Farm Boy™ Organic Ground Cinnamon
- ⅛ tsp Farm Boy™ Ground Cloves
- ¾ cup melted unsalted butter
- 1 pack Farm Boy™ Phyllo Dough, thawed overnight in fridge
- ¼ cup toasted finely chopped pistachios or walnuts for garnish

Directions

- 1 Make the honey syrup: combine sugar, water, honey and cinnamon stick in small saucepan over medium heat. Stir until sugar dissolves completely, then bring to a boil over medium high heat. Once it boils, reduce heat to medium low and simmer, uncovered, for about 5 minutes. Remove from heat and add lemon juice and orange blossom water. Cool completely. This can be done the day before.
- 2 Preheat oven to 350°F. Grease a 13 x 18" baking sheet with melted butter. Bring phyllo dough to room temperature in its box.
- 3 While syrup is cooking, in medium bowl, combine walnuts, sugar, cinnamon and cloves. Set aside.
- 4 Remove phyllo dough from package and keep it covered with a damp kitchen towel to prevent it from drying out.
- 5 To assemble the rolls, take one sheet of phyllo and place it on counter with the long edge facing you. Brush with melted butter and top with a second sheet of phyllo and brush with butter. Sprinkle with 3-4 Tbsp nut mixture, then cut the pastry into 4 even pieces along the long side.
- 6 Start rolling up from the edges closest to you, make sure you roll up as tightly as possible. Place rolls side by side, seam side down, on prepared baking sheet. It's OK if they touch.
- 7 Once all pastry is used up, brush rolls in pan with remaining melted butter. Bake for 30-35 minutes, or until golden brown and crispy.
- 8 As soon as rolls come out of the oven, pour syrup over rolls. Sprinkle with chopped pistachios. Let cool completely and enjoy. Store at room temperature.

Straight from
hive to jar!



PHYLLO PASTRY

For desserts & savoury dishes



Monthly Hot Bar Menu



CINCO DE MAYO

Our Chefs have prepared a mouthwatering menu inspired by the vibrant tastes of Mexico! **Made from scratch daily** with fresh ingredients and our own recipes, we think you'll love these delicious dishes.



Fiesta Chicken

Succulent, perfectly spiced chicken breast with vegetables.



Mexican Street Corn

Corn with tangy cheese, smoky spices, and fresh herbs.



Papas à la Mexicana

Sautéed potatoes with tomatoes, onions, and jalapeños.



Pork Carnitas in Red Salsa

Succulent pulled pork with a savoury salsa.

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 limited-time-only sweets that celebrate the season, come on in and discover what's in-store.

Celebrate fresh flavours.

Farm Boy™

Chocolate Brownies

- Crafted by us fresh in our Bake Shop.
- Made with simple, high-quality ingredients.
- A decadent treat baked with our own homestyle recipe.



Baked from scratch.



Made with simple ingredients.

Farm Boy™
Fresh Salsa

- Handcrafted by us for a restaurant-inspired flavour.
- Prepared with simple, wholesome ingredients.
- Made with our own chef-created recipe.

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

[Learn More](#)