



So much fresh  
to discover.



Sweet & Juicy

**Blueberries** No. 1 Grade,  
product of Mexico/USA



FULL  
PINT

**3.99**  
/pkg



LOCAL

Red, Orange,  
or Yellow  
**Sweet Bell  
Peppers**  
product of Canada

**2.99**  
/lb  
6.59/kg

Fresh, Boneless  
**Pork Loin Chops**  
family pack, product of Ontario



Save \$3/lb

**3.99**  
/lb  
8.80/kg

Fresh  
**Chicken Drumsticks**  
skin-on, air-chilled, product of Ontario



Save \$1/lb

**2.99**  
/lb  
6.59/kg

Coho  
**Salmon Fillets** frozen or previously frozen,  
product of Chile, also available marinated  
for \$10.99/lb (\$24.23/kg)



Save \$4/lb

**9.99**  
/lb  
22.02/kg

Farm Boy™  
**Eda-Yummy  
Spicy Kale  
Edamame Dip**  
275 g



Made fresh  
by us!



Save \$1 ea

**4.99**  
ea

Simply  
**Orange Juice** all varieties, 2.25 L



Jumbo  
bottle!

Save \$3 ea

**7.99**  
ea

From the Bake Shop  
**Mini Muffins**  
Blueberry or Chocolate Chip,  
pkg of 12, 336 g



Save \$1/pkg

**4.99**  
/pkg

Farm Boy™  
**Flavoured Sparkling Water**  
all varieties, 1 L



Organic

Customer  
favourite!



Case of 12  
\$10

Save \$.50 ea

**.99**  
ea

Farm Boy™  
**Perogies**  
all varieties, frozen, 454 g



Save \$1.05/pkg

**4.44**  
/pkg

Farm Boy™  
**Himalayan Pink Salt Popcorn**  
320 g



Jumbo  
bag!



Save \$1 ea

**4.99**  
ea

Dempster's  
**Hamburger or Hot Dog Buns**  
pkg of 8, 376-400 g



Save \$1.40/pkg

**3.29**  
/pkg

Becel  
**Margarine** all varieties, 400 g



Save \$1.72 ea

**3.77**  
ea

Saint James  
**Iced Tea**  
all varieties, 500 mL

**HOT DEAL!**



**3/500**

**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!  
Look for this  
mark in store.

**FRESH SPECIALS IN EFFECT: Thurs., May 28 to Wed., June 3, 2026.**

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

Scan here  
for our full  
digital flyer



@officialfarmboy



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

# Meat & Seafood Market

# Prepared by Us

Farm Boy™ Naturals  
**Double Smoked Sliced Bacon**



375 g  
**5.99** /pkg  
Save \$1/pkg

Cut from Canada AAA Beef  
**T-Bone Grilling Steaks**



Aged a minimum of 21 days!  
CANADIAN BEEF  
**23.99** /lb  
52.89/kg

Farm Boy™  
**Chicken Breast Kebabs** all varieties, made by us



Hand-stacked by us using simple ingredients.  
**11.99** /lb  
26.43/kg  
Save \$1/lb

Farm Boy™  
**Wagyu Beef Frankfurters**



375 g  
**7.99** /pkg  
Save \$1/pkg

Farm Boy™  
**Cooked Shrimp**

frozen, 16-19 shrimp per bag, 21-25/lb count, 340 g



**9.99** /pkg  
Save \$4/pkg

Made by Us  
**Medium Ground Beef Patties**

product of Canada

Under \$2 per burger!



**7.99** /lb  
17.61/kg  
Save \$1/lb

Farm Boy™  
**Gourmet Mustards** all varieties, 325-400 mL



**2.47** ea  
Save \$.52 ea

Farm Boy™  
**Pickles** all varieties, 1 L



**3.88** ea  
Save \$1.11 ea

A sandwich's best friend!

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



**4.47** ea  
Save \$.52 ea

Farm Boy™  
**Pressed Cottage Cheese** 500 g



**7.49** ea  
Save \$1 ea

Stonemill Bakehouse  
**Honest Wellness Breads** all varieties, 454-550 g



Naturally fermented!

**4.99** ea  
Save \$.80 ea

Made Good  
**Bars, Cookies, Minis, or Squares** all varieties, 5x24 g, 5x30 g, or 6x22 g



**3.49** /pkg  
Save \$1.50/pkg

Farm Boy™  
**Crispy Fried Onions** 175 g



**4.47** /pkg  
Save \$.52/pkg

Activia  
**Probiotic Yogurt** all varieties, 8 x 100 g



**5.99** /pkg  
Save \$1.50/pkg

## FRESH Produce Arriving Daily!

**Nectarines or Peaches** No. 1 Grade, product of USA



**3.99** /lb  
8.80/kg

**Bunched Radishes** product of Canada



**1.50** ea  
ARRIVING FRESH DAILY!

**Avocados** product of Mexico



**5.00** /bag  
6 PER BAG

**Ginger Root** product of China



**1.88** /lb  
4.14/kg

Seedless  
**Watermelon Quarters** product of USA



**1.29** /lb  
2.84/kg  
Pre-cut for convenience!

The Little Potato Co.  
**Creamer Potatoes**

Canada No. 1 Grade, product of Canada, 454-680 g



**3.44** /pkg

**Vine-Ripened Tomatoes** Canada No. 1 Grade, product of Canada



**2.99** /lb  
6.59/kg  
LOCAL

**Romaine Lettuce** product of USA



**1.99** ea

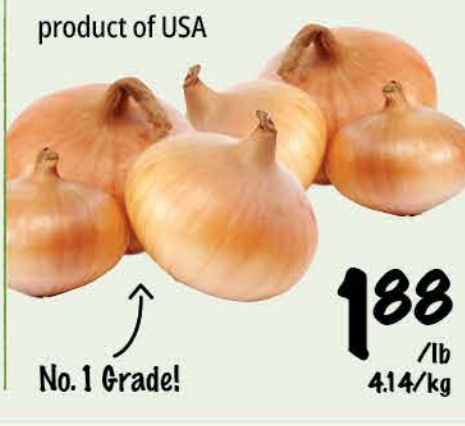
**Passion Fruit** product of Colombia



Sweet, tart, floral flavour!

**3/5.00**

Sweet  
**Vidalia Onions** product of USA



**1.88** /lb  
4.14/kg  
No. 1 Grade!

**Abate or Forelle Pears** Extra Fancy Grade, product of Argentina/South Africa



**2.49** /lb  
5.49/kg

**Okra** product of Honduras



**3.99** /lb  
8.80/kg

# Fresh from Farm Boy

## Farm Boy™ Garden Fresh Pickles

- Bringing you closer to the farm— from vine to store in just 48 hours!
- Crunchy and bursting with fresh, zingy flavour.
- Available in Regular or Spicy.

\$6.99 ea, 680 mL



**THEY'RE BACK!**

## Farm Boy™ Garden Fresh Gazpacho

- Vibrant, tangy soup with a kick of spice—serve chilled.
- Made fresh by our chefs with tomatoes, cucumbers, garlic, peppers, and onions.
- Crafted in our kitchen with our exclusive recipes.

\$4.99, 445 mL

Serve in shot glasses for an easy summer appetizer!



## Cheese & Deli

### Canadian Swiss-Style Cheese cut fresh at our Cheese Counter



Crafted with Canadian milk!

Save \$.50/100 g

**3.49** /100 g

### Mitsoh Pemmican Strips

Maple Blueberry or Maple Blueberry without Pepper, 23 g

Traditionally made bison jerky!



Save \$.50 ea

**5.49** ea

### Krinos Grillicious Halloumi Cheese

180 g



Save \$1 ea

**5.99** ea

### Frico Dutch Gouda

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



Save 25%

### Farm Boy™ Tapas Trio

90 g



Save \$.50 ea

**7.49** ea

### Brandt Polish Style Ham

sliced fresh at our Deli Counter



Save \$.50/100 g

**2.99** /100 g

## Bake Shop

### Farm Boy™ 8" Strawberry Rhubarb Pie

620 g



Save \$.50 ea

**7.49** ea

### Farm Boy™ Everything Seasoned Buns

4x75 g

Certified Kosher!



Save \$.50/pkg

**4.49** /pkg

### Traditional Portuguese Tarts

all varieties, pkg of 6



Save \$.50/pkg

**8.49** /pkg

### Farm Boy™ Vegan Cupcakes

all varieties, 220 g



PKG OF 4

Vegan

Save \$1/pkg

**6.99** /pkg

### Farm Boy™ Taralli

all varieties, 250 g



Save \$1 ea

**4.99** ea

### From the Bake Shop Pumpernickel Rye

610 g



Save \$1 ea

**4.99** ea

### Kalanchoe

4" pot

Easy to care for!



Save \$1 ea

**4.00** ea

### Ontario Grown Bouquets



Save \$1 ea

**12.00** ea

# Grocery

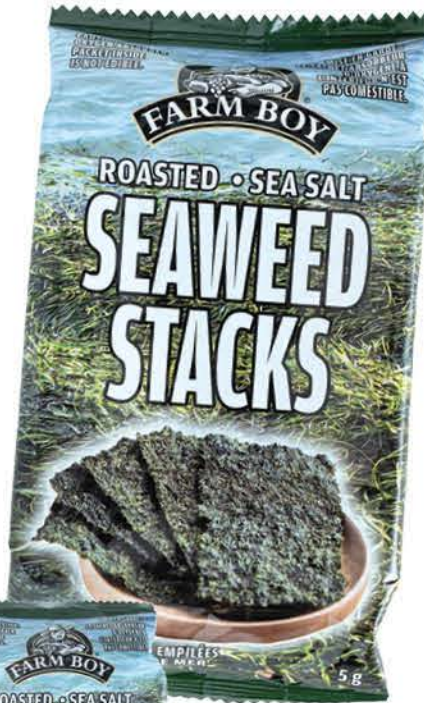
## Farm Boy™ Seaweed Stacks

- Crispy, perfectly seasoned nori with savoury umami flavour.
- Traditionally crafted with premium-quality seaweed.
- Low in fat and sodium—only 30 calories per serving! 6x5g

A light, crunchy alternative to potato chips!



Save \$1/pkg  
**3.99** /pkg



## FreeYumm Soft Baked Cookies

all varieties, 154 g



Save \$1 ea

Safe for school lunches!

**3.99** ea

## WakeWater Caffeinated Sparkling Water

all varieties, 355 mL



Light & refreshing!

Save \$.50 ea

**2.49** ea

## TruBar Protein Bars

all varieties, 50 g

100% plant fuelled!

Save \$.99 ea

**2/6.00**



## Maple3 Sparkling Waters

all varieties, 355 mL

Organic

Save \$1 ea

**2.29** ea



## Nando's Peri-Peri Sauces

all varieties, 250 mL

Add bold flavours in minutes!

Save \$1 ea

**5.99** ea



## IndianLife Chutney

all varieties, 250 g



Save \$2 ea

**7.99** ea

## NuPasta Konjac Pasta

all varieties, 210 g

Organic

Save \$1.50 ea

**4.29** ea



## Neal Brothers Corn Chips

all varieties, 276 g

Simple ingredients!

Save \$1 ea

**5.49** ea



## One Degree Organics Brown Rice Cereals

all varieties, 227-284 g

Organic

Save \$1 ea

**5.49** ea



## Bridgehead Coffee

all varieties, 300 g

LOCAL

Save \$3/pkg

**14.99** /pkg



## Sober Carpenter Non-Alcoholic Beers

all varieties, 473 mL

Brewed in Ontario!

LOCAL

Save \$.50 ea

**2.99** ea



## Taylor's Potato Crisps

all varieties, 150 g

Save \$1 ea

**3.99** ea



# Dairy & Frozen

## Farm Boy™ Crêpes

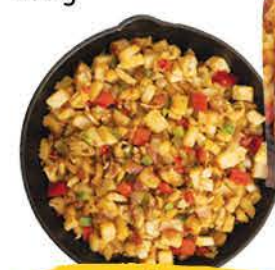
- Delicate, thin, French-style pancakes made with a classic recipe.
- A convenient, gourmet choice—ready in minutes!
- Available in plain or filled varieties. all varieties, 540-630 g



Save \$1/pkg  
**7.99** /pkg

## Farm Boy™ Hash Browns

all varieties, frozen, 750 g



Save \$1 ea

**8.99** ea



## Egglife Egg White Wraps

all varieties, pkg of 6, 168-170 g

Gluten-free & dairy-free!

Save \$1/pkg

**8.99** /pkg



## Mush Overnight Oats

all varieties, 148 mL



Save \$.50 ea

**2.99** ea

## Nature's Path Waffles

all varieties, 210 g

Save \$1.30/pkg

**4.99** /pkg



## Greenhouse Cold-Pressed Juices

all varieties, 300 mL



Save \$1.22 ea

**5.77** ea

LOCAL

## Greenhouse Carrot Juice

900 mL



Save \$1 ea

**6.99** ea

LOCAL

## Greenhouse Plant-Based Beverages

all varieties, 946 mL

Simple, clean ingredients!

Save \$1 ea

**5.99** ea

LOCAL



## Greenhouse Boosters

all varieties, 4x60 mL

Organic

Save \$1/pkg

**13.99** /pkg

LOCAL



Farm Boy™

## Shredded Cheese Blends



- Savoury, premium cheese blends available in Classic, Fiesta, or Italian varieties.
- Proudly prepared in Bright, Ontario by the oldest independent cheesemaker in Canada.
- Crafted exclusively from 100% Canadian dairy.



Great for pizzas!

# CURATED PRODUCTS WE THINK YOU'LL LOVE



Farm Boy™

## Sugo di Pomodoro

- Made in our kitchen with simple, quality ingredients like pure olive oil.
- Our Italian-inspired recipe is crafted for everyday convenience—just heat and serve!
- We roast our tomatoes to bring out their naturally rich, sweet flavour.



Farm Boy™  
**Tahini**



- Stone-ground sesame paste made in small batches for a smooth, velvety texture.
- Crafted from naturally sweet, 100% Humera sesame seeds.
- Proudly prepared in Mississauga, Ontario.



Farm Boy™

## Organic Apple Sauce



- Made from a single ingredient: handpicked organic Canadian apples!
- Gently steamed with the skin on to lock in their naturally delicious flavour.
- Free of artificial colours, flavours, or preservatives.




# Spicy Burst Tomato Pasta

 PREP:  
10 mins

 COOK TIME:  
10 mins

 SERVES:  
4

 DIFFICULTY:  
Easy

[View Full Recipe Online](#)

## Ingredients

- 1/4 cup** Farm Boy™ Extra Virgin Olive Oil, plus more for garnish
- 3** cloves garlic, minced
- 3** Farm Boy™ Anchovy fillets, minced, or **1 Tbsp** Farm Boy™ Anchovy Paste
- 1 tsp** Farm Boy™ Crushed Chili or minced Jalapeño chili, or more to taste
- 3 cups** cherry or grape tomatoes, half of them halved
- Zest and juice of 1 lemon
- 1/2 pack** Farm Boy™ Linguine
- 1/2 cup** Pecorino Romano or Parmigiano Reggiano cheese, grated, plus more for garnish
- Salt and pepper to taste
- 1 cup** basil leaves, plus a few leaves for garnish

Works with any of your favourite pasta shapes!



## Directions

- 1 Bring a large pot of salted water to a boil. Add the Farm Boy™ Linguine and cook according to the package directions until the pasta is just al dente. Save 2/3 cup of the pasta water, then drain pasta.
- 2 Heat Farm Boy™ Extra Virgin Olive Oil in a large skillet over medium high heat and cook garlic until it starts to brown around the edges, about 2 minutes.
- 3 Add Farm Boy™ Anchovy fillets and Farm Boy™ Crushed Chili and cook for another minute.
- 4 Add tomatoes and 1/2 tsp salt and cook until tomatoes start to burst, 7-8 minutes.
- 5 Add lemon zest and juice, cooked pasta and 1/2 cup of the pasta water to the skillet and toss well.
- 6 Mix in Pecorino Romano cheese and additional pasta water, if needed, to make a sauce.
- 7 Stir in the basil and season with salt and pepper to taste.
- 8 Serve, garnished with more basil leaves, more Pecorino and a drizzle of Farm Boy™ Extra Virgin Olive Oil.



# Supporting In-School Meal Programs & Fostering Food Literacy

From May 29 to June 14, 2026,  
Farm Boy is collecting donations for our Flagship  
Charitable Program: "nourish to flourish".

**100% of your donation** will support in-school  
meal programs and food literacy initiatives  
across Ontario schools.

Donate today at your local Farm Boy.



nourish  
to flourish



in partnership with

SUSTAIN



ONTARIO

[Learn More](#)

## Monthly Hot Bar Menu



# TASTE OF MOROCCO

Our chefs have crafted a delicious menu inspired by the bold flavours of Morocco—all with “A Farm Boy Fresh Twist”.

**Made from scratch daily** using ingredients that bring you closer to the farm, each dish is sure to bring authentic, homestyle comfort!



### *Chickpeas Marrakesh*

Vibrant tomato-based stew loaded with spices and herbs.



### *Jeweled Couscous*

Light and fluffy with almonds, dried fruits, and a citrus dressing.



### *Moroccan Spiced Potatoes*

Hearty roasted potatoes seasoned with our signature spice blend.



### *Chicken Tagine*

Tender chicken in a comforting stew finished with fresh herbs.

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

# A Fun, Fresh-Market Experience



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.

## Add a fresh twist to summer.

Farm Boy™

### Gourmet Burgers

- Made fresh in-store with quality beef, chicken, or turkey.
- Available in classic flavours or our own chef-prepared recipes.
- Enjoy flavours like Bacon Cheddar, Caramelized Onion Swiss, Great Canadian, or Thai.



*Handcrafted with care.*



*Made in small batches.*

Farm Boy™

### Gelato and Sorbet

- Handcrafted in Ontario using simple ingredients.
- Perfectly smooth, creamy, and refreshing.
- Available in beloved classic and vibrant seasonal flavours.

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

[Learn More](#)

