



So much fresh to discover.



Crisp **Asparagus** Canada No. 1 Grade, product of Canada



First crop of the season!



3.99 /lb
8.80/kg



Fresh **Salmon Steaks** product of Canada, available at all stores except Blue Heron Mall

Great for grilling!

Save \$2/lb

9.99 /lb
22.02/kg

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



Save \$1/pkg

5.99 /pkg

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

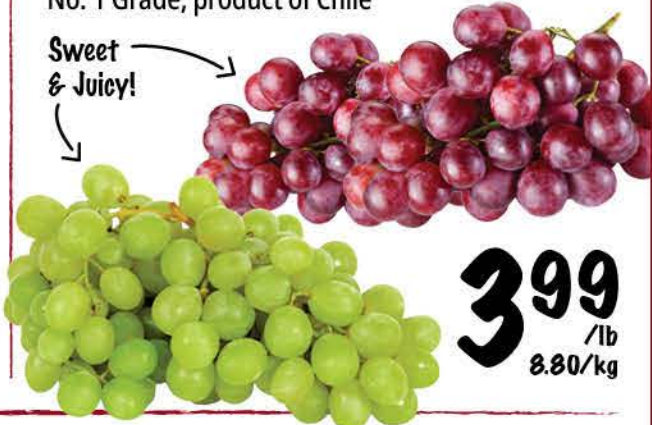


Save \$3/lb

3.99 /lb
8.80/kg

Extra Large **Red or Green Seedless Grapes** No. 1 Grade, product of Chile

Sweet & Juicy!



3.99 /lb
8.80/kg

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



Save \$1-\$2 ea

3.99 /pkg

Oikos **Greek Yogurt** all varieties, 4x100 g



Perfect for lunch bags!

Save \$1.41/pkg

3.88 /pkg

Farm Boy™ **Pasta Salad** 500-520 g



Save \$1 ea

6.99 ea

Farm Boy™ **8" Tortilla** all varieties, 425 g



Save \$1 ea

2.99 /pkg

Farm Boy™ **Stone-Baked Pizza** all varieties, frozen, 330-375 g



Save \$1 ea

4.99 ea

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



Save \$.72 ea

3.27 ea

Farm Boy™ **Peanut Butter** Crunchy or Smooth, 500 g



Save \$.61 ea

3.88 ea

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



Save \$1.22 ea

6.77 ea

Tropical Delights **Coconut Water** 1 L



Save \$1.49 ea

2/7.00

HOT DEAL!

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 TWIST Discover what makes us different! Look for this mark in store.

FRESH SPECIALS IN EFFECT: Thurs., May 21 to Wed., May 27, 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



Meat & Seafood Market

Farm Boy™ Beef Sirloin Kebabs

hand-stacked by our butchers

BBQ ready!



Save \$1/lb

13.99 /lb
30.84/kg

Farm Boy™ Pork Sausages

all varieties, 500 g, product of Canada



Save \$1/pkg

6.99 /pkg

Fresh Pork Souvlaki

75 g

Product of Canada!

1.99 ea

NEW!

LOCAL



Fresh Split Chicken Breast

skin on, bone in



Save \$1/lb

4.99 /lb
11.00/kg

Diamond Valley Grass Fed Lean Ground Beef

product of New Zealand, 450 g

HOT DEAL!



6.99 /pkg

Cut from Canada AAA Beef Top Sirloin Medallions

aged a minimum of 21 days



Save \$2/lb

17.99 /lb
39.66/kg

Farm Boy™ Cooked Shrimp

23-30 shrimp per bag, frozen, 31-40/lb count size, 340 g



Save \$3/pkg

7.99 /pkg

Farm Boy™ Flavoured Mayo Spreads

select varieties, 470 mL



Save \$.52 ea

5.47 ea

Tasty spread or dip!

Farm Boy™ Sauerkraut or Pickled Salads

796 mL



Save \$.52 ea

4.47 ea

Bold, tangy, flavour!

Farm Boy™ Non-GMO Beans

all varieties, 398 mL



Save \$.50 ea

2.49 ea

Tre Stelle Cream Cheese

all varieties, 200 g



Save \$1.05 ea

4.44 ea

Italpasta Pasta

all varieties, 375-900 g



Save \$.70-\$1.20 ea

2.79 ea

Dempster's Bagels

all varieties, pkg of 5-6, 450-510 g



Save \$.80-\$1/pkg

3.99 /pkg

St. Dalfour Fruit Spreads

all varieties, 225 mL



Save \$1 ea

5.99 ea

Burnbrae Farms Nature's Best or Naturegg Simply Egg Whites

1 dozen or 500 g



Save \$1 ea

4.99 ea

FRESH Produce Arriving Daily!

Baby Romaine or Living Lettuce

product of Canada



LOCAL

3.99 ea

PKG OF 3

Seedless Cucumbers

Canada No. 1 Grade, product of Canada



LOCAL

1.25 ea

Oyster Mushrooms

product of Canada



LOCAL

8.88 /case

2 lb CASE

Cherry or Strawberry Tomatoes on the Vine

product of Canada, 340 g



LOCAL

3.99 /pkg

Fresh Coriander

product of Mexico



.99 /bunch

The Little Potato Co. Creamer Potatoes

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



3.44 /pkg

Canadian Fiddleheads

product of Canada



6.99 /lb
15.41/kg

Arriving fresh daily!

arte* Salad Kits

all varieties, 315-359 g, made in Canada from domestic and imported ingredients



3.99 /pkg

Jazz Apples

Fancy Grade, product of USA



2.95 /bag

Large Avocados

product of Mexico



Enjoy sliced, mashed, or blended. **2/3.00**

Pomegranate

product of Peru



Arils also available! **2.99** ea

Orri Mandarins

product of Israel



4.99 /bag

Fresh from Farm Boy

Farm Boy™ Asian-Style Noodles

- Fresh, tender, and cooks in minutes.
- Available in Chow Mein, Ramen, and Udon.
- Proudly prepared in Ontario using authentic recipes.

all varieties, 355-450 g



Save \$.50 ea

2.99 ea



Summ! Gyoza, Spring Rolls, & Bulgogi

- Made in small batches using high-quality ingredients.
- Delicious dumplings and spring rolls inspired by Asian cuisines.
- Proudly prepared in Canada.

all varieties, 250-350 g



Save \$.99 ea

2/10.00



Deli & Cheese

Castello Havarti Cheese

all varieties, cut or sliced at our Cheese Counter

100% Canadian dairy!



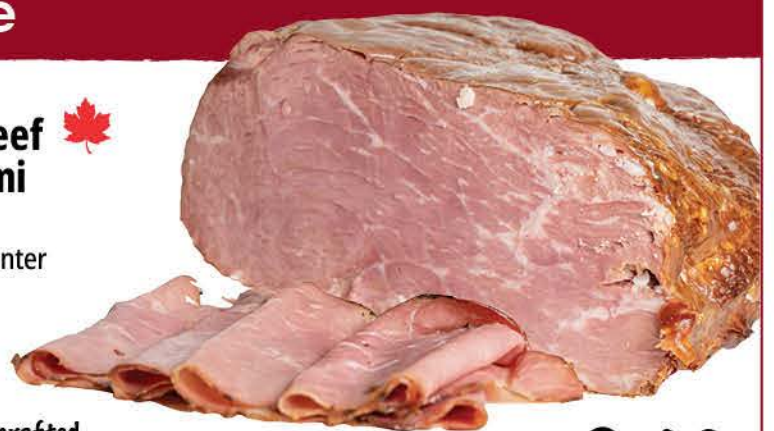
Save \$1/100 g

2.99 /100 g

Farm Boy™ Corned Beef or Pastrami

sliced fresh at the Deli Counter

Traditionally crafted, New York-style deli meats.



Save \$.50/100 g

3.49 /100 g

Light Canadian Feta

cut fresh at our Cheese Counter



Save \$1.30/100 g

1.99 /100 g

Frico Dutch Gouda

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



Save 25%

Farm Boy™ Sliced Rosette de Lyon

all varieties 125 g

Ready to serve!



Save \$.50/pkg

8.49 /pkg

Brandt Polish Style Ham

sliced fresh at our Deli Counter



Save \$.50/100 g

2.99 /100 g

Farm Boy™ Plant-Based Strudels

all varieties, 400 g



Save \$1/pkg

4.99 /pkg



Farm Boy™ Flatbreads

all varieties, 150 g



Save \$.50 ea

4.49 ea

Farm Boy™ Chocolate Brownies

Made in the Farm Boy bakery, 570 g



Save \$1/pkg

8.99 /pkg

Farm Boy™ Swiss Rolls

all varieties, 400 g



Save \$.49 ea

6.49 ea

Farm Boy™ Garlic Bread

325 g



Save \$.50 ea

2.99 ea

From the Bake Shop Sourdough Mini Boule

240 g



Save \$.50 ea

2.49 ea

Bee Bouquet

Proceeds support bee conservation efforts in South America, where these beautiful blooms are grown!

Save \$1 ea

19.00 ea



Violet in Overpot

Locally grown! 4" pot



Save \$1 ea

4.00 ea

Grocery

Farm Boy™ Salad Dressings & Vinaigrettes

- Crafted with simple recipes for a naturally delicious taste.
- Made with quality ingredients like olive oil, garlic, and herbs.

all varieties, 350 mL



Crafted in North York, Ontario!

Save \$.52 ea

5.47 ea

Farm Boy™ Croutons

all varieties, 125 g



Save \$.52/pkg

2.47 /pkg

Farm Boy™ Flaky Crackers

all varieties, 90-100 g



Seasoned with premium cheeses!

Save \$1/pkg

3.99 /pkg

Farm Boy™ Ajvar

Mild or Spicy, 314 mL



Simple, real ingredients!

Save \$.50 ea

6.49 ea

Farm Boy™ Oat Lattes

all varieties, 207 mL



Crafted in Etobicoke, ON!

Vegan

Save \$.52 ea

2.17 ea

Gummy Rush Crunchers

all varieties, 80 g

HOT DEAL!



2/5.00

Larabar Energy Bars

45-48 g



Save \$.79 ea

2/4.00

Schär Gluten-Free Buns or Rolls

select varieties, 228-400 g

Free from artificial preservatives.



Save \$.50-\$1 ea

6.99-8.49 ea

Blue Dragon Cooking Sauce Kits

all varieties, 253-271 g



Save \$1.50 ea

5.99 ea

Crunchmaster Multi-Seed Crackers

all varieties, 100-128 g



Save \$1 ea

5.99 ea

Rawcology Granola Blends

all varieties, 200 g



Save \$2/pkg

7.99 /pkg

Ritter Sports Bars

all varieties, 100 g

Made from sustainably sourced cocoa.



Save \$.50 ea

4.49 ea

SkinnyPop Popcorn

125-150 g



Save \$1 ea

3.99 ea

Dairy & Frozen

Farm Boy™ Plant-Based Grounds

- Umami-rich, meat-free alternative with a crumbly texture.
- Made from pea protein and oyster mushrooms—no added colours or flavours.
- Available in Chorizo or Natural varieties.

all varieties, 300 g



Save \$1/pkg

6.99 /pkg



Farm Boy™ Vegan Proteins

all varieties, 350 g



Save \$.70/pkg

7.29 /pkg

Farm Boy™ Plant-Based Calamari-Style Rings

300 g

Crafted from fibre-rich konjac!



Save \$.70/pkg

9.29 /pkg

Farm Boy™ Plant-Based Bacon Style Slices

200 g



Save \$1.22/pkg

8.17 /pkg

Farm Boy™ Vegan Slider Trios

498 g

Includes three flavours!



Save \$1.52/pkg

8.47 /pkg

Neilson Protein Milk

all varieties, 1.89 L

Made with Canadian Dairy!



Save \$1-\$1.50 ea

6.49 ea

Silk Soy Protein Beverage

1.42 L

Lactose & Dairy Free!



Save \$1 ea

6.99 ea

Greenhouse Plant-Based Protein Shakes

all varieties, 900 mL

20 g of protein per serving!



Save \$2 ea

9.99 ea

Daryl's Bars Performance Protein Bars

all varieties, 54-85 g

LOCAL

Save \$.79 ea



2/5.00

NEW FARM BOY FINDS

Light
& fluffy!



Farm Boy™ Angel Food Cake

- Soft, fluffy, classic-style cakes in regular or mini sizes.
- Made the traditional way with simple ingredients.



Farm Boy™ Organic Miso Paste

- Prepared in Canada from organic, high-quality soybeans and rice.
- Perfect savoury addition to marinades, soups, and stir-fries.



Farm Boy™ Seaweed Stacks

- Crispy, perfectly seasoned nori with savoury umami flavour.
- Low in fat and sodium—only 30 calories per serving!



Farm Boy™ Buffalo Chicken Pasta Salad

- Loaded with chicken and spiced with house-made buffalo sauce.
- Chef-prepared with our own recipe and fresh ingredients!



Farm Boy™ Steakhouse Bacon

- Juicy and thick-cut with a rich, savoury flavour—grill ready!
- Traditionally dry-cured and naturally hardwood smoked.



Canadian Beef Gateway:

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

Within our Farm Boy Butcher Shops, you'll discover a plentiful selection of beef cuts stickered with the Canadian Beef logo and a QR code.

Scanning this QR code with your phone will take you to the Canadian Beef Information Gateway, where you'll find helpful information about the product in your hands—everything from recipes, cooking instructions, nutritionals, and more! Now you have inspiration for your next meal, with help from Farm Boy and Canadian Beef!



+

Step 1:
Scan QR code here



=


Step 2:
Scan Barcode here




Visit your local Farm Boy to try it out!

Spiced Coconut Pudding

 PREP:
25 mins

 CHILL TIME:
3 hours

 SERVES:
6-8

 DIFFICULTY:
Easy

[View Full Recipe Online](#)

Ingredients

$\frac{3}{4}$ cup water

2 Farm Boy™ Cinnamon Sticks

5 Farm Boy™ Whole Cloves

2 Farm Boy™ Star Anise

2 cans Farm Boy™ Organic Coconut Milk

$\frac{1}{2}$ cup Farm Boy Cornstarch

$\frac{1}{3}$ - $\frac{1}{2}$ cup granulated sugar, to taste

$\frac{1}{4}$ tsp salt

1 tsp vanilla extract

Farm Boy™ Organic Ground Cinnamon for garnish

Fresh mango, kiwi, or berries for garnish

Directions

- 1 In a small saucepan, place water, Cinnamon Sticks, Whole Cloves, and Star Anise and bring to a boil. Simmer, covered, over medium-low heat for 15 minutes, or until liquid takes on a brown colour and is very aromatic. This can be done ahead of time.
- 2 In a medium saucepan, whisk together Organic Coconut Milk and Cornstarch. Make sure there are no lumps.
- 3 Add sugar, salt, vanilla extract, and spice infusion and whisk until completely smooth.
- 4 Cook over medium heat, whisking constantly until mixture boils, then cook for at least 2 minutes. Mixture will be thick enough to coat the back of a spoon, about 7-9 minutes.
- 5 Pour the mixture into prepared molds or glasses. Place plastic film directly on the surface to prevent a skin forming and let cool at room temperature before placing in the fridge. Refrigerate at least 2 hours.
- 6 Garnish with mango and kiwi and a dusting of Organic Ground Cinnamon.





Happy

Eid-al-Adha!

Wishing our community and Team Members
celebrating a joyous occasion filled
with happiness and harmony.



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



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.

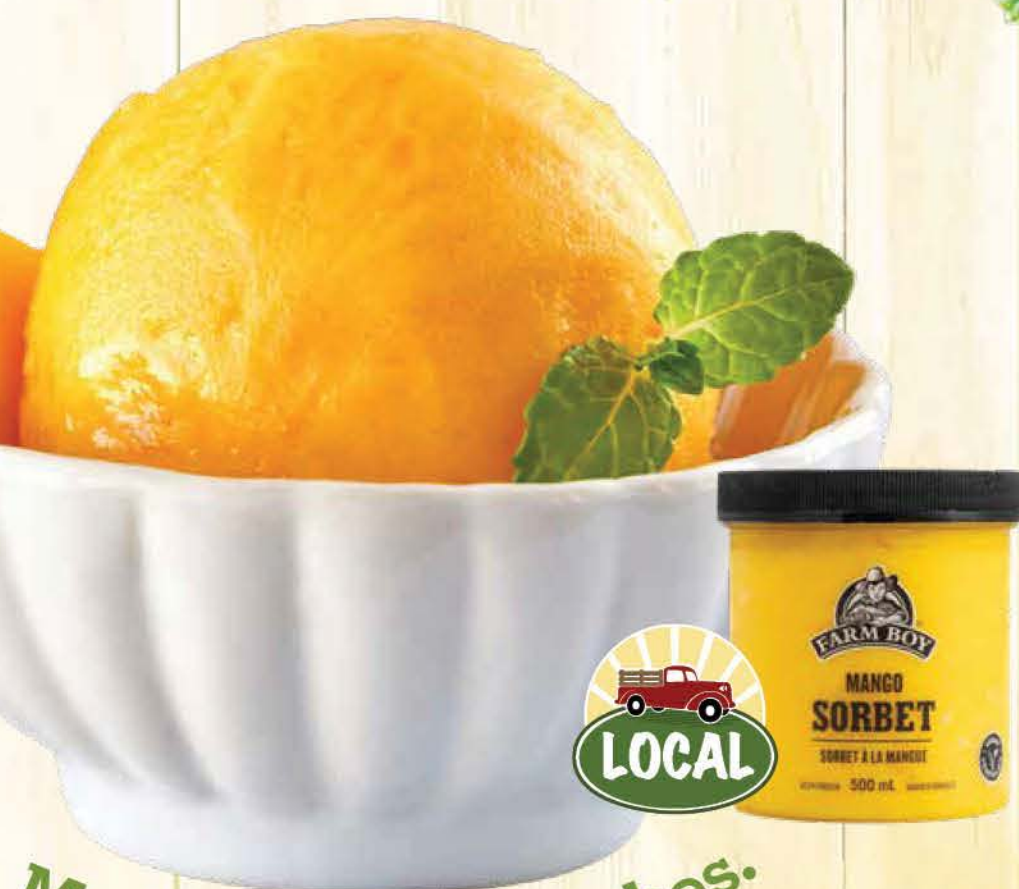
Farm Boy™

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](#)

