



So much fresh to discover.



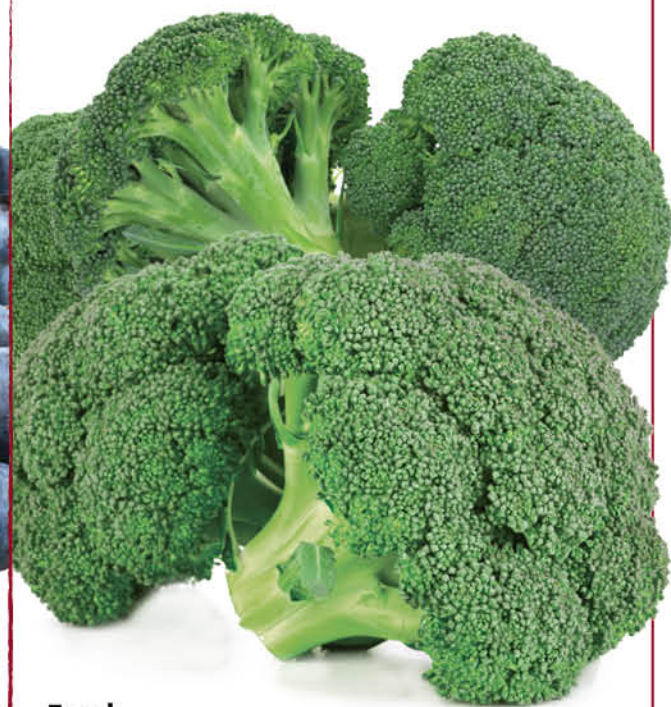
Sweet & Juicy  
**Organic Blueberries or Raspberries**

No. 1 Grade, product of Mexico/USA, 170 g



**Organic**

**2.99**  
/pkg



Fresh  
**Broccoli Crowns**  
product of Mexico/USA

**2.44**  
/lb  
5.38/kg

Fresh  
**Whole Chicken** product of Canada



Canada Grade A!

**2.99**  
/lb  
6.59/kg

Save \$2/lb

Farm Boy™  
**European Deli Style Salami**



\$6.99/pkg, all varieties, 125 g



**BUY ONE, GET ONE 50% OFF**

Marinated  
**Shrimp Skewers**  
previously frozen, all varieties, 60 g



BBQ ready!

**1.99**  
/skewer

Save \$.50/skewer

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



Cut or sliced!

**2.99**  
/100 g

Save \$.60/100 g

Oikos  
**Greek Yogurt**

all varieties, 650-750 g or Silk  
**Protein Beverage**  
all varieties, 1.42 L

Plant-based!



**6.99**  
ea

Save \$1-\$2 ea

From the Bake Shop  
**Calabrese Bread**  
all varieties, 600 g



Save \$1 ea

**3.99**  
ea

Farm Boy™  
**Chickpea Chips** all varieties, 120 g



Save \$.61 ea

**2.88**  
ea

Farm Boy™  
**Ice Cream Bars**  
all varieties, 4 x 118-125 mL



Save \$1/pkg

**4.99**  
/pkg

Farm Boy™  
**Skipjack Tuna** all varieties, 170 g



Save \$.49 ea

**2/4.00**

Tropical Delight  
**Coconut Water**  
330 mL



Case of 12 \$14.99

Save \$.82 ea

**3/5.00**

Natural One  
**Pure Juice**  
all varieties, 900 mL



Save \$2 ea

**3.99**  
ea

Villaggio  
**Bread or Buns**  
pkg of 6 or 8, 550-675 g



Save \$1.50/pkg

**3.29**  
/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.

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

**FRESH SPECIALS IN EFFECT: Thurs., June 4 to Wed., June 10, 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



# Meat & Seafood Market

# Chef's Market

Farm Boy™  
**Beef Sirloin Kebabs**  
hand-stacked by our butchers  
BBQ ready!



Save \$1/lb

**13<sup>99</sup>** /lb  
30.84/kg

Cut from Canada AAA Beef  
**Top Sirloin Medallions**  
aged a minimum of 21 days



Save \$2/lb

**17<sup>99</sup>** /lb  
39.66/kg

Farm Boy™  
**Garden Fresh Gazpacho** 946 mL



TRY A SAMPLE JUNE 6-7!

Serve in shot glasses for an easy summer appetizer!

Save \$1 ea

**7<sup>99</sup>** ea

Lesters  
**Original Hot Dogs**  
450 g



Save \$1/pkg

**4<sup>99</sup>** /pkg

Green Ocean  
**Basa Fillets**  
frozen, 907 g



Save \$2/pkg

**6<sup>99</sup>** /pkg

Fresh  
**St. Louis Pork Side Ribs**  
cryovac package, product of Ontario



Save \$2/lb

**4<sup>99</sup>** /lb  
11.00/kg

Made by Us  
**Medium Ground Beef Patties**  
product of Canada



Save \$1/lb

**7<sup>99</sup>** /lb  
17.61/kg

Farm Boy™  
**Mayonnaise** select varieties,  
445-890 mL



Pantry staple!

Save \$1 ea

**3<sup>99</sup>-6<sup>99</sup>** ea

Farm Boy™  
**Breakfast Bakes or Sandwich Thins**  
all varieties, 380-560 g



Save \$.52/pkg

**2<sup>97</sup>** /pkg

Farm Boy™  
**Fava Puffs** all varieties, 250 g



Save \$.49 ea

**2/6<sup>00</sup>**

Armstrong  
**Melts**  
pkg of 24, 450 g



Save \$1/pkg

**5<sup>49</sup>** /pkg

Stubb's  
**BBQ Sauce**  
all varieties, 450 mL



Save \$1 ea

**4<sup>99</sup>** ea

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



Save \$4-\$5 ea

**14<sup>99</sup>** ea

Oatly  
**Oat Drink Barista Edition**  
946 mL



Save \$1.50 ea

**4<sup>99</sup>** ea

Green Valley  
**Free Range Eggs**  
or Burnbrae Farms  
**Solar Free Range Eggs**  
Canada Grade A, 1 dozen



Save \$1.22-\$1.72/pkg

**6<sup>77</sup>** /pkg

## FRESH Produce Arriving Daily!

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



LOCAL

**2<sup>99</sup>** /lb  
6.59/kg

Whole  
**Brown or White Mushrooms** product of Canada,  
227 g



Organic

LOCAL

**2<sup>75</sup>** /pkg

**Heirloom Tomatoes**  
Canada No. 1 Grade,  
product of Canada, 567 g



LOCAL

**3<sup>00</sup>** /pkg

**Seedless Cucumbers**  
Canada No. 1 Grade,  
product of Canada



LOCAL

**1<sup>25</sup>** ea

Bunched  
**French Breakfast or Multicolour Radishes**  
product of Canada



**1<sup>75</sup>** ea

**Garlic**  
product of China



PKG OF 3

**2/9<sup>99</sup>**

**Green Onions**  
product of Mexico/USA



Arriving fresh daily!

**1<sup>25</sup>** ea

**Grape Tomatoes**  
Canada No. 1 Grade,  
product of Canada



1 DRY PINT

**3<sup>00</sup>** /pkg

**Limes** product of Mexico



Tart & tangy!

2 lb BAG

**3<sup>99</sup>** /bag

**Green or Red Seedless Grapes**  
No. 1 Grade,  
product of Mexico/USA



Organic

**4<sup>99</sup>** /lb  
11.00/kg

**Fuyu Persimmons**  
product of South Africa, 1.2 kg



**8<sup>88</sup>** /case

Fresh & Juicy  
**Kiwis** product of Greece, 600 g



**4<sup>99</sup>** /pkg

# Fresh from Farm Boy

## Farm Boy™ Pickled Onions

- Prepared fresh by us with simple ingredients.
  - Tangy, sweet, and made using our signature recipe.
- \$3.99 ea, 420 mL

**IT'S BACK!**

Here for a limited time!



## Farm Boy™ Shrimp Cocktail

- Tender, delicious shrimp cooked to perfection by our chefs.
  - Served with our house-made Farm Boy™ Cocktail Sauce.
- \$7.99 ea, 260 g, select locations only

**NEW!**



## Cheese & Deli

Farm Boy™  
**Double or Single Cream Brie**  
cut fresh at our Cheese Counter, product of Canada

Ultra buttery with a slightly tangy finish!



Save \$.80-\$1/100 g

**2.99**  
/100 g

Marc Angelo  
**Antipasto Misto or Prosciutto Salami**  
85 g



Save \$3/pkg

**4.99**  
/pkg

Sartori  
**BellaVitano Cheese**  
all varieties, 150 g



Save \$1 ea **10.99** ea

Krinos  
**Crumbled Feta**  
170 g



**6.49** ea

Brandt  
**Premium Oven Roasted Chicken**  
sliced fresh at our Deli Counter



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

Farm Boy™  
**Serrano Ham**  
125 g



Save \$1/pkg **8.99** /pkg

## Bake Shop

**Bar Cakes** all varieties,  
450-500 g



Save \$1 ea

**13.99** ea

Farm Boy™  
**Taralli** all varieties, 250 g



Save \$1/pkg

**4.99** /pkg

From the Bake Shop  
**Fruit Sticks** all varieties,  
300 g



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

From the Bake Shop  
**Lemon Meringue Pie**



Save \$.50 ea **7.49** ea

Half Loaf  
**Wide Slice Bread**  
all varieties, 500 g



Save \$.50 ea **3.49** ea

Classic & Crusty  
**Parisian Bread**



Save \$.50 ea **4.49** ea

Locally Grown  
**Organic Basil**  
5.5" pot

Ready to plant!



**LOCAL**

Save \$2 ea

**8.00** ea

Ontario Grown  
**Aloe Vera in Ceramic**  
4" pot

Ideal for new gardeners!



**LOCAL**

Save \$1 ea

**9.00** ea

# Grocery

## Farm Boy™ Premium Spanish Seafood

- Traditionally crafted to lock in natural freshness and flavour.
- Available in mackerel, mussel, and sardine varieties.
- Enjoy straight from the tin or warmed up!

111-115 g



Four flavour varieties!  
Save \$.52 ea  
**747** ea

## Farm Boy™ Sourdough Crackers

all varieties, 150 g



Save \$.52 ea  
**447** ea

## Farm Boy™ Buffalo Sauce

all varieties, 330 mL



Made by us!

Save \$.52 ea  
**647** ea

## Patak's Cooking Sauces

all varieties, 400 mL



Crafted with authentic herbs and spices!

Save \$.50 ea  
**649** ea

## Neal Brothers Mild, Medium, or Hot Salsa

410 mL



LOCAL

Save \$1 ea  
**699** ea

## Lino Breakfast Cereal

all varieties, 250 g



Irresistible crunch and wholesome ingredients!

Save \$1 ea  
**399** ea

## FreeYumm Soft Baked Bars

all varieties, 135 g



Save \$1.50/pkg  
**429** /pkg

## Cache Cuisine Gourmet Baking Mixes

454-908 g



No artificial colours or flavours!

Save \$.50 ea  
**449-549** ea

## Fever-Tree Premium Mixers

all varieties, 8x150 mL



Save \$2/pkg  
**899** /pkg

## Divina Olives

all varieties, 290-375 mL



Save \$1-\$2 ea  
**899-1199** ea

## Caprices Low Sugar Apple Butter

all varieties, 300 mL



Save \$1 ea  
**499** ea

## Brianna's Homestyle Dressings

all varieties, 296-355 mL



Vibrant, tangy, homestyle taste!

Save \$1 ea  
**699-799** ea

# Dairy & Frozen

## Farm Boy™ Ramen

Ready in about 10 minutes!

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

LOCAL



## Farm Boy™ Microwavable Meals

- Globally inspired meals made from authentic recipes.
- Hearty proteins like beef, chicken, pork, or plant-based options.
- Enjoy in meat, vegan, and vegetarian-friendly varieties!

LOCAL



285-370 g

Save \$1 ea  
**899** ea

Save \$.49-\$2.49 ea  
**2/1100**

## Neilson Whipping Cream 473 mL



Save \$.82 ea  
**427** ea

## Neilson Sour Cream

all varieties, 500 mL



Save \$.55 ea  
**444** ea

## Neilson Chocolate or Strawberry Milk 1 L



Save \$.50 ea  
**329** ea

Nostalgic flavours!

## Neilson Lactose Free

2 L



Easy to digest!

Save \$.40-\$0.80 ea  
**699** ea

# 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.

Fromagerie La Station

## Alfred le Fermier Grand Cru & Chemin Hatley Grand Cru



Crafted in Québec on a fourth-generation organic family farm, these farmhouse-style cheeses are prepared using raw organic cow's milk. Grand Cru cheeses, have been aged for a longer period to develop deeper, more complex flavours and firm, supple texture. These exceptional, award-winning cheeses can be used in a multitude of dishes like pressed sandwiches, fondues, and soups, or as standout selections on cheeseboards.

Chemin Hatley  
Grand Cru



Alfred le Fermier  
Grand Cru

## Try it with...

Farm Boy™  
**Red Pepper  
Jelly**

\$5.99 ea, 185 mL

Farm Boy™  
**Water  
Crackers**

\$2.79/pkg, 125 g

Farm Boy™  
**Coppa or  
Prosciutto**

\$7.99/pkg, 100 g



# Fresh Herb Salad

 SERVES:  
6

 DIFFICULTY:  
Easy

[View Full Recipe Online](#)

## Ingredients

- 1/2 cup** flat leaf parsley leaves
- 1/2 cup** curly parsley leaves
- 1/2 cup** cilantro leaves
- 1/2 cup** dill sprigs
- 1/2 cup** basil leaves
- 1/2 cup** mint leaves
- 1/4 cup** chives cut into 1" pieces
- 2 cups** tender greens such as spring mix, baby arugula, or artisan lettuce
- 1/2 cup** radishes thinly sliced
- 1 large** Lebanese cucumber thinly sliced into ribbons
- 1/2 cup** green peas
- Farm Boy™ Apple Cider Vinaigrette to taste
- 1/3 cup** Parmigiano Reggiano grated
- 2 Tbsp** Farm Boy™ Roasted Pumpkin Seeds

Try adding edible flowers from your garden for an extra pop of colour!



## Directions

- 1 In large bowl, combine parsley, cilantro, dill, basil, mint, chives, greens, radishes, cucumber, and peas.
- 2 Add Farm Boy™ Apple Cider Vinaigrette to taste.
- 3 Mound on platter and sprinkle with Parmigiano Reggiano and Farm Boy™ Roasted Pumpkin Seeds.
- 4 Serve immediately.



# 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](#)

