



So much fresh
to discover.



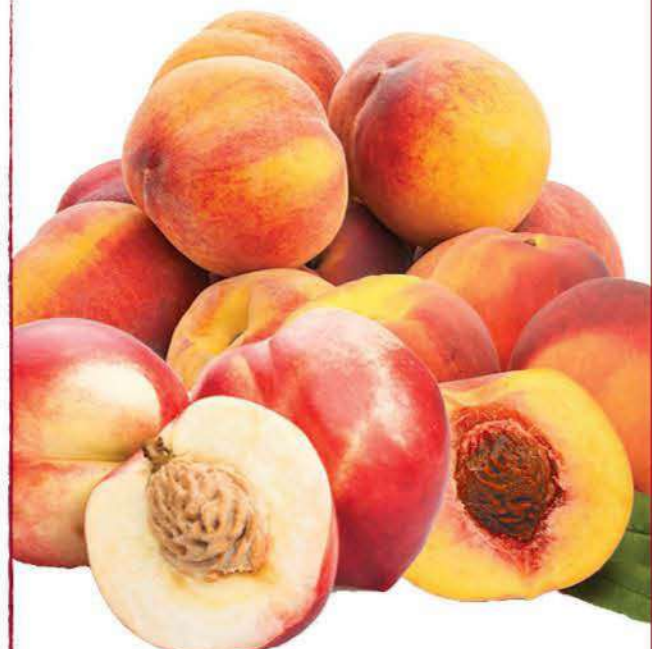
Crisp
Asparagus
Canada No. 1 Grade,
product of Canada



Arriving
fresh daily!



2.99
/lb
6.59/kg



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

2.99
/lb
6.59/kg

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



3.99
/lb
8.80/kg

Save \$3/lb

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



2.99
/lb
6.59/kg

Save \$1/lb

Marinated
Shrimp Skewers
previously frozen, all varieties, 60 g



Available in
four great
varieties!

1.99
/skewer

Save \$.50/skewer

St-Albert Cheese Co-Op
**Fresh White
Cheese Curds**
plain or seasoned



2.99
/100 g

Farm Boy™
**Crinkle Cut
Potato Chips**
400 g



5.27
ea

Save \$.72 ea

Farm Boy™
Iced Tea, Lemonade, or Half & Half
select varieties, 1.54 L



Sweetened with
cane sugar!

4.99
ea

Save \$.50 ea

Handmade In-Store
Cruffies
all varieties, 335 g



PKG
OF 6



3.99
/pkg

Save \$2/pkg

Saputo
Butter
all varieties,
454 g

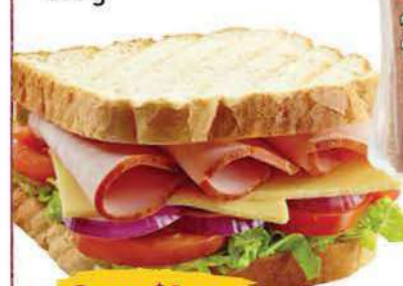


Smooth
& creamy!

5.99
ea

Save \$1.30 ea

Farm Boy™
Texas Toast
White or Whole Wheat,
800 g



2.99
ea

Save \$1 ea

Zevia
Zero Sugar Sodas
all varieties, 6x355 mL



6.99
/pkg

Save \$1/pkg

Farm Boy™
Pinsa Pizza
all varieties,
frozen, 380-418 g



8.99
ea

Save \$1 ea

Farm Boy™
Tomatoes all varieties,
796 mL



Save \$.52 ea



1.97
ea

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., June 11 to Wed., June 17, 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

Ground In-Store Daily
Medium Ground Beef
product of Canada



6⁹⁹ /lb
15.41/kg

Save \$2/lb

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



17⁹⁹ /lb
39.66/kg

Save \$2/lb

Farm Boy™
Beef Sirloin Kebabs
hand-stacked by our butchers

BBQ ready!



13⁹⁹ /lb
30.84/kg

Save \$1/lb

Cut from Canada AAA Beef
Boneless Beef Blade Roast

Aged a minimum of 21 days.



11⁹⁹ /lb
26.43/kg

Save \$2/lb

Farm Boy™
Steakhouse Bacon

- Juicy, grill-ready, and four times thicker than our regular bacon!
 - Traditionally dry-cured and naturally hardwood smoked.
- 400 g, while quantities last

NEW!



7⁹⁹ /pkg

Save \$2/pkg

Hayter's Farm
Extra Lean Turkey Burgers
all varieties, pkg of 4,
product of Ontario, 450 g



6⁹⁹ /pkg

Save \$1/pkg

Farm Boy™
Tuna Steaks
frozen, pkg of 2,
340 g



9⁹⁹ /pkg

Save \$1/pkg

Farm Boy™
Retro Sodas
all varieties,
355 mL



4/5⁰⁰

Save \$.74 ea

Gummy Rush
Gummy Candies
all varieties, 285 g

HOT DEAL!



3⁴⁹ ea

DeeBee's
Freezer Pops
10x40 mL



4⁹⁹ /pkg

Save \$1/pkg

Farm Boy™
Sour Cream
14% or 18% M.F.,
500 mL



3⁷⁹ ea

Save \$.50-\$.70 ea

Dempster's
Bagels all varieties, pkg of 5-6,
450-510 g



3⁹⁹ /pkg

Save \$.80-\$1/pkg

Italpasta
Pasta all varieties, 375-900 g



2⁷⁹ ea

Save \$.70-\$1.20 ea

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



9⁹⁹ ea

Save \$4 ea

Organic Meadow
Kefir
all varieties,
1 L

Tangy, wholesome yogurt drink!



5⁸⁸ ea

Save \$1.61 ea

FRESH Produce Arriving Daily!

Rainbow Peppers
product of Ontario



3⁹⁹ /pkg

PKG OF 4

Locally Grown
Mini Cucumbers
Canada No. 1 Grade,
product of Ontario



2/5⁰⁰

1 lb PKG

Portabella Mushrooms
product of Ontario

Great on the BBQ!



3⁹⁹ /lb
8.80/kg

Hothouse Tomatoes
Canada No. 1 Grade,
product of Ontario



1⁹⁹ /lb
4.39/kg

Bunched Spinach
product of Canada



2/5⁰⁰

Bunched Radishes
product of Canada

ARRIVING FRESH DAILY!



2/3⁰⁰

Farm Boy™
Foil Baking Potatoes

Regular or Mini, Canada No. 1 Grade,
product of Canada



2⁹⁹ /pkg

Green or Red Leaf Lettuce
product of Canada



1⁹⁹ ea

Key Limes
product of Mexico
Tart & tangy!

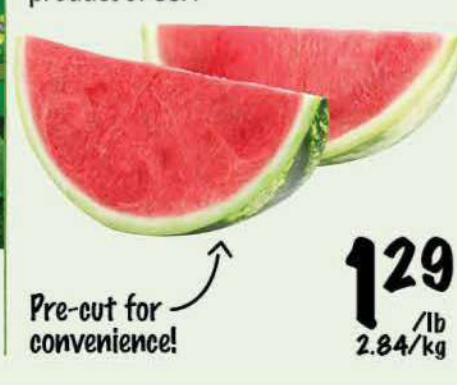


3⁹⁹ /bag

1 lb BAG

Seedless
Watermelon Quarters
product of USA

Pre-cut for convenience!



1²⁹ /lb
2.84/kg

Seedless
Lemons
product of South Africa



2⁹⁹ /bag

1 lb BAG

Jazz Apples Fancy Grade,
product of USA



2⁹⁵ /bag

2 lb BAG

Fresh from Farm Boy

Farm Boy™ Caprese Salad

- Aromatic basil, tomatoes, creamy bocconcini, and vibrant pesto.
 - Made fresh in-store by our chefs.
- \$4.99 ea, 240 g



IT'S BACK!

Crafted using our exclusive recipe.

Farm Boy™ Cream Cheese Dips

- Crafted fresh with simple, quality ingredients.
 - Available in Artichoke & Spinach, Fig & Walnut, and Pimento.
 - Proudly prepared in Ontario.
- 283 g



Save \$1 ea

4.99 ea

Cheese & Deli

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



← Cut or sliced!

Save \$.60/100 g

2.99 /100 g

Brandt
Oven Roasted Chicken Breast
sliced fresh at our Deli Counter



Save \$.50/100 g

3.49 /100 g

Zerto
Fresh Mozzarella
250 g



Save \$1 ea

7.99 ea

Farm Boy™
Triple Cream Brie cut fresh at our Cheese Counter, product of Canada



Save \$1/100 g

3.49 /100 g

MarcAngelo
Antipasto Misto or Prosciutto Salami 85 g



Save \$3/pkg

4.99 /pkg

Brandt
Kolbassa Coils all varieties, cut fresh at our Deli Counter



Save \$.60/100 g

1.99 /100 g

Bake Shop

Traditional
Portuguese Tarts
all varieties, 450 g



PKG OF 6



Save \$.50/pkg

8.49 /pkg

From the Bake Shop
Wide Slice Sandwich Bread
all varieties, 500 g



Save \$.50/pkg

3.49 /pkg

Farm Boy™
Vegan Cupcakes
all varieties, 220 g



Save \$1/pkg

6.99 /pkg

Nova Era
Mini Muffins
all varieties, 336 g



Save \$1/pkg

4.99 /pkg

Farm Boy™
Everything Seasoned Buns 4x75 g



Save \$.50/pkg

4.49 /pkg

From the Bake Shop
Pumpernickel Rye 610 g



Save \$1 ea

4.99 ea

RosAroma



Fragrant potted miniature roses!



Save \$2 ea

16.00 ea

Fluffy & Fragrant
Peonies
5 stems



June's most wanted blooms!



Save \$1/bunch

9.00 /bunch

Grocery

Farm Boy™ Nutritional Shakes or Power25 Whey Protein

- Sweet, creamy, and packed with protein!
- Our shake mixes are made with high-quality ingredients and loaded with nutrients.

all varieties, 800 g



Try them blended in a shake or mixed into your baked goods!

Save \$10 ea

39⁹⁹ ea

Lärbär Energy Bars all varieties, 45-48 g



Save \$1 ea **2/400**

Crunchmaster Multi-Seed Crackers all varieties, 100-128 g



Save \$1 ea **5⁹⁹** ea

Super Slim Rice Crisps all varieties, 100 g



Plant-based & gluten-free!

Save \$1 ea **349** ea

BSA Non-Alcoholic Beers all varieties, 473 mL



Save \$.50 ea **349** ea

Old El Paso Dinner Kits all varieties, 250-400 g



Save \$1.50/pkg **4⁹⁹** /pkg

Maille Mustards all varieties, 200-500 mL



Save \$1 ea

4⁹⁹-8⁹⁹ ea

Farm Boy™ Soy, Tamari, or Teriyaki Sauce

- Traditionally crafted using quality ingredients.
- Naturally aged for an umami-rich flavour.
- Excellent in dips, sauces, stir-fries, soups, and more.

500 mL



Save \$.52 ea

447-747 ea

Blue Dragon Cooking Sauce Kits all varieties, 253-271 g



Save \$1.50 ea **5⁹⁹** ea

Thai Kitchen Curry all varieties, 112 g



Save \$1 ea **5⁹⁹** ea

Dairy & Frozen

Farm Boy™ Frozen Fruit

- Fruits picked at peak ripeness and flash-frozen to lock in flavour.
- Pre-washed and ready to enjoy!
- Available in mixed or single-fruit varieties. \$6.99 ea, select varieties, 600 g



Nutes Smoothie Packs all varieties, 390 g



Save \$2 ea **7⁹⁹** ea

Califia Farms Plant-Based Beverages select varieties, 1.4 L



Save \$1 ea **5⁹⁹** ea

Greenhouse Smoothies select varieties, 900 mL



Save \$1 ea **6⁹⁹** ea

Organic Meadow Greek Yogurt all varieties, 500 g



Save \$1 ea **6⁹⁹** ea

Farm Boy™ Jamaican-Style Patties all varieties, 600 g



Save \$1/pkg **7⁹⁹** /pkg

Farm Boy™ BBQ Pork Buns 240 g



Save \$1/pkg **6⁹⁹** /pkg

Farm Boy™ Onion Rings 400 g



Pairs well with our mayo spreads!

Find them in the grocery aisle!

Save \$1/pkg

6⁹⁹ /pkg



For Dad with Love Contest!

Enter online for your chance to spoil Dad with an exclusive Farm Boy™ Gift Basket! Contest runs from June 11 to June 21.

[CLICK HERE TO ENTER!](#)



Chance to
win 1 of 5
baskets!
Each valued
at \$100.

NO PURCHASE NECESSARY. Full Contest rules and no purchase entry method found at farmboy.ca/farmboyleftersday/. Contest runs from Thursday, June 11th to Sunday, June 21st. 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 consist 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. Odds of winning depend on the number of eligible entries received.

New Finds

Only at Farm Boy!



Featuring four zesty flavours!



Farm Boy™ x Covered Bridge

Long Weekend Chip Mix



- Crafted from New Brunswick-grown dark russet potatoes.
- Proudly prepared in Canada in partnership with Covered Bridge.

Farm Boy™

Non-Alcoholic Sparkling Beverages



- Traditionally crafted, authentic flavour.
- Available in Chardonnay-style, Rosé, or Sangria.

Proudly prepared in Ontario!



Farm Boy™

Chocolate Almond Gelato



- Handcrafted with rich chocolate and Farm Boy™ Almond Butter.
- Made with an Italian-style recipe for a smooth, rich taste.

Farm Boy™

Cafe Con Leche Paleta




- Sweet and creamy, with bold coffee flavour.
- Our vegan-friendly fresh twist on Mexican paletas de crema—dairy free!

Creamy Tuscan Chicken with Tomatoes, Mushrooms and Spinach

 **PREP:**
10 mins

 **COOK TIME:**
40 mins

 **SERVES:**
6

 **DIFFICULTY:**
Easy

[View Full Recipe Online](#)

Ingredients

6 boneless skinless chicken breasts

Salt and pepper to taste

1 tsp Farm Boy™ Oregano

1 Tbsp Farm Boy™ Cold Pressed Sunflower Oil

2 Tbsp butter

3 cups sliced mushrooms

2 cloves garlic, minced

½ cup Farm Boy™ Sundried Tomatoes, chopped

2 cups cherry tomatoes, halved

½ tsp Farm Boy™ Dried Chili

1 tsp Farm Boy™ Paprika

2 cups whipping cream

3 cups baby spinach or baby kale

¾ cup shredded Parmigiano Reggiano cheese
plus more for garnish

Cooked pasta of your choice

Directions

- 1 Preheat oven to 350°F.
- 2 Season chicken on both sides with salt, pepper and oregano.
- 3 In large skillet, heat oil over medium high heat and cook chicken until golden brown, about 5 minutes per side. You may have to do this in batches. Remove chicken from skillet, place on sheet pan and transfer to the oven to bake while you make the sauce. By the time the sauce is done, chicken should have reached an internal temperature of 165°F.
- 4 Add butter to skillet and cook mushrooms until soft, about 5 minutes.
- 5 Add garlic, sundried tomatoes, tomatoes, dried chili and paprika and cook for 5-7 minutes, until tomatoes soften.
- 6 Add cream and bring to a boil. Turn temperature down and simmer until thickened, 5-8 minutes.
- 7 Stir in spinach or kale and cook until wilted, 2-3 minutes.
- 8 Add Parmigiano cheese. Stir to combine and adjust seasoning.
- 9 Serve chicken over pasta, add some sauce and garnish with more cheese.





Opening Soon!

Thursday, June 18

Discover a fun, fresh-market experience at our new location, featuring the freshest produce that brings you closer to the farm, a dedicated section for locally crafted goods and so much more, all at excellent value!

Farm Boy Findlay Creek

4828 Bank Street, Ottawa, ON

Mon - Fri: 8 am to 9 pm

Sat - Sun: 8 am to 8 pm



Visit farmboy.ca | [@officialfarmboy](https://www.instagram.com/officialfarmboy)

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™

Artisan Sausages

- Made with wholesome, high-quality ingredients.
- Inspired by international cuisines and classic flavours.
- Prepared fresh by us with our own exclusive recipes.



Handcrafted with care.



Farm Boy™

Watermelon Lime

- Prepared in Canada with real fruit.
- Sweet, tart, tangy, and refreshing.
- Enjoy on its own or added to sorbets, cocktails, smoothies, and more.

Available only for summer.

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

[Learn More](#)

