



# Happy Father's Day!

Check out great recipes we think Dad will love at [farmboy.ca](http://farmboy.ca)

Sweet & Juicy  
**Cherries** No. 1 Grade, product of USA



ARRIVING FRESH DAILY!



**4.99**  
/lb  
11.00/kg



**Pork Souvlaki**  
product of Canada,  
75 g

**1.99**  
/skewer

Rainbow  
**Sweet Bell Peppers** product of Canada



**3.99**  
/pkg

Fresh, Canadian  
**Split Chicken Breast**



**4.44**  
/lb  
9.79/kg

Save \$1.55/lb

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



**9.99**  
/lb  
22.02/kg

Save \$4/lb

Brandt  
**Smoked Black Forest-Style Ham**  
sliced fresh at our Deli Counter



**2.79**  
/100 g

Oikos or Activia  
**Yogurt**



**3.77**  
ea or  
/pkg

Save \$1.52-\$2.02 ea or /pkg

Farm Boy™  
**Lemon Crunch Pie**  
available for a limited time!



**6.99**  
ea

Save \$1 ea

Farm Boy™  
**Texas-Style Hot Dog or Hamburger Buns**  
pkg of 6 or 8



**3.47**  
/pkg

Save \$1.02/pkg

Farm Boy™  
**Ice Cream Cookie Sandwiches**



**4.99**  
/pkg

Save \$1/pkg

Farm Boy™  
**Sparkling Beverages**  
select varieties, 750 mL



**2.97**  
ea

Save \$.52 ea

Prepared in Canada with all-natural flavours.

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



**3.88**  
ea

Save \$.61 ea

Farm Boy™  
**Organic Milk or Cream**  
all varieties, 946 mL,  
refundable deposit req'd



**3.99-4.99**  
ea

Save \$1-\$1.50 ea

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



**2.88**  
ea

Save \$.61 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 18 to Wed., June 24, 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

# Catch of the Week!

Fresh **Pork Back Ribs** cryovac package, product of Canada



Save \$3/lb

**5.99** /lb  
13.21/kg

Farm Boy™ **Stadium Smokies** all varieties, 500 g



Save \$1/pkg

**6.99** /pkg

**From Shore to Store!**

- Fresh Canadian catch cooked to perfection.
- Ready to serve—excellent grilled, tossed into pasta, and more.



**Cooked Canadian Atlantic Lobster**

\$13.99/lb (\$30.84/kg), product of Canada, approximately 1-1¼ pounds each, while supplies last

Naturally sweet and succulent!

**Striploin Grilling Steaks** MB1 Graded, product of Australia

**HOT DEAL!**

Cut and trimmed by our butchers.



**17.99** /lb  
39.66/kg

Farm Boy™ **Cooked Shrimp**

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



Save \$3/pkg

**7.99** /pkg

Farm Boy™ **Rice Crackers** all varieties, 100 g



Save \$.99/pkg

**2/4.00**

Farm Boy™ **Fruit Filled Jams** all varieties, 250 mL



Save \$.52 ea

**4.47** ea

Farm Boy™ **Cold Extracted Extra Virgin Olive Oil** 1 L



Save \$2 ea

**12.99** ea

Tre Stelle **Cream Cheese** all varieties, 200 g



Save \$1.91 ea

**3.88** ea

Roar **Electrolyte Beverages** all varieties, 532 mL



A variety of thirst-quenching flavours!

Organic

Save \$.49 ea

**2/6.00**

Dempster's **English Muffins** all varieties, pkg of 6, 340 g



Save \$1.20/pkg

**2.49** /pkg

Frankie's **Organic Puffs** all varieties, 120-140 g



Save \$.49 ea

**2/6.00**

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



Save \$.60-\$1.80/pkg

**5.99** /pkg

## FRESH Produce Arriving Daily!

**Vine-Ripened Tomatoes**

Canada No. 1 Grade, product of Canada



**1.99** /lb  
4.39/kg

**Seedless Cucumbers**

Canada No. 1 Grade, product of Canada



**.99** ea

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



**2/5.00**

**Greenbelt Salad Greens**

select varieties, product of Canada, 113-142 g



**3.99** ea

**Kale or Green or Red Swiss Chard** product of Canada



**1.99** /bunch

Red or Medley **Grape Tomatoes**

Canada No. 1 Grade, product of Canada



**5.99** /pkg

The Little Potato Co. **Creamer Potatoes**

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



**3.44** /pkg

**Bold & Crunchy Red & Green Frisée** product of Canada



**2.99** ea

Fresh & Zesty **Limes** product of Mexico



**2/9.99**

**Dragonfruit** product of Ecuador



**2.75** ea

Shelled **Raw Walnuts** product of USA, 300 g



**7.69** /pkg

**Pomegranates** product of Peru



Arils also available!

**2.99** ea

# Fresh from Farm Boy

## Farm Boy™ Strawberry Shortcake

- Lemon sheet cake topped with strawberry purée and cream cheese whip.
- Made from scratch with real strawberries to celebrate strawberry season!
- Convenient grab and go treat crafted exclusively in our kitchen.

\$4.99 ea, 230 g



**LIMITED TIME ONLY!**

## Farm Boy™ Maple BBQ Pork Back Ribs

- Slow-cooked and smothered in BBQ sauce, sweetened with maple syrup and molasses.
- Ready in as little as 15 minutes, just boil, bake, or grill for tasty, tender ribs in a flash.

Proudly prepared in Canada!



Save \$2/pkg

**14.99** /pkg

## Cheese & Deli

Fromage la Station  
**Alfred le Fermier Grand Cru**  
\$12.99 ea, 150 g, product of Canada



Brandt  
**Kolbassa**  
Sliced fresh at our Deli Counter



Save \$.60/100 g

**1.99** /100 g

Krinos  
**Grillicious Halloumi Cheese**  
180 g



Save \$1 ea

**5.99** ea

Perron  
**7 Year Aged Cheddar**  
product of Canada



**3.99** /100 g

Farm Boy™  
**Tapas Trio**  
90 g



Save \$.50 ea

**7.49** /pkg

Blue Danube Sausage House  
**Hot or Mild Csabai**  
300 g



Save \$.50 ea

**12.49** ea

## Bake Shop

Farm Boy™  
**Loaf Cakes**  
\$6.99-\$7.99 ea, 425-460 g

Made from scratch daily in our kitchen.



From the Bake Shop  
**Potato Burger or Hot Dog Buns**  
\$4.99-\$5.99/pkg, pkg of 6 or 8, 480-640 g



**LOCAL**

Soft, hearty, and ready for BBQ!

Traditional  
**Portuguese Tarts**  
all varieties, pkg of 6



Save \$.50/pkg

**8.49** /pkg

Farm Boy™  
**Fruit Sticks** all varieties, 300 g



Save \$.50/pkg

**4.49** /pkg

From the Bake Shop  
**Parisian Bread** 475 g



Save \$.50 ea

**4.49** ea

Farm Boy™  
**Everything Seasoned Buns** 4x75 g, certified Kosher



Save \$.50/pkg

**4.49** /pkg

Farm Boy™  
**Harvest Bundle**



Perfect for grads!

Save \$1 ea

**24.00** ea

**Rainbow Kalanchoe Bouquet**



Long lasting blooms!

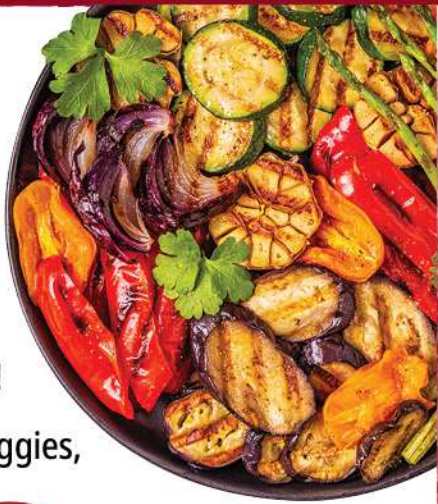
Save \$1 ea

**9.00** ea

# Grocery

## Farm Boy™ Seasoning Blend Shakers

- A blend of dried herbs, spices, and savoury mix-ins.
- Available in three flavours – add instant umami to any dish!
- Ideal for grilled meat, cooked veggies, dips, popcorn, and more!



**NEW!**

Convenient & easy-to-use!

Save \$1.52 ea  
**3.47** ea

## Farm Boy™ Garlic Flowers

190 mL

Proudly made in Canada.



Save \$1 ea  
**4.99** ea

## Farm Boy™ Hot Sauces

all varieties, 148-150 mL



Save \$1.02 ea  
**5.97** ea

## Kuhne Yogurt Dressings

all varieties, 250 mL



Save \$1 ea  
**3.99** ea

## Kiju Organic Juices

all varieties, 4x200 mL

No artificial colours or flavours.



Save \$1/pkg  
**3.79** /pkg

## G.H. Cretors Popcorn

all varieties, 184-227 g



Save \$1.50 ea  
**5.49** ea

## Barbara's Puffins

all varieties, 283 g



Save \$1.50 ea  
**5.49** ea

## Grüvi Non-Alcoholic Wines

all varieties, 4x275 mL



Delicious craft-style taste!

Save \$1/pkg  
**15.99** /pkg

## ItalFoods Beans

all varieties, 540 mL



Save \$.50 ea  
**2.29** ea

## Simply Delish Instant Pudding or Jel Dessert

all varieties, 20-48 g



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

## PB&Me Powdered Peanut Butter

all varieties, 200 g

Made with organic, non-GMO peanuts—vegan and gluten-free!



Save \$1 ea  
**6.99** ea

## Brüst Cold Brew Protein Coffee

all varieties, 330 mL



Save \$.99 ea  
**2/7.00**

## YoFit Chickpea Beverages

all varieties, 946 mL



Save \$.50-\$2.50 ea  
**4.49** ea

# Dairy & Frozen

## Farm Boy™ Cafe Con Leche Paletas

- Sweet and creamy, with bold coffee flavour.
- Our vegan-friendly fresh twist on Mexican paletas de crema—dairy free!
- Crafted locally in small batches with a base made from Canadian oats.



Save \$1/pkg  
**6.99** /pkg

## Farm Boy™ Gourmet Ice Cream

all varieties, 500 mL



Save \$1 ea  
**5.99** ea

## Farm Boy™ Oat-Rageous Frozen Desserts

all varieties, 500 mL



Save \$1 ea  
**6.99** ea

## Rolling Meadow Grass Fed Cream

473 mL



Save \$.72 ea  
**4.77** ea

## Rolling Meadow Grass Fed Milk

2% or 3.8% M.F., 2 L



Save \$1-\$1.50 ea  
**6.99** ea

## Rolling Meadow Grass Fed Sour Cream

all varieties, 500 mL



Save \$.80 ea  
**5.99** ea

## Rolling Meadow Grass Fed Butter

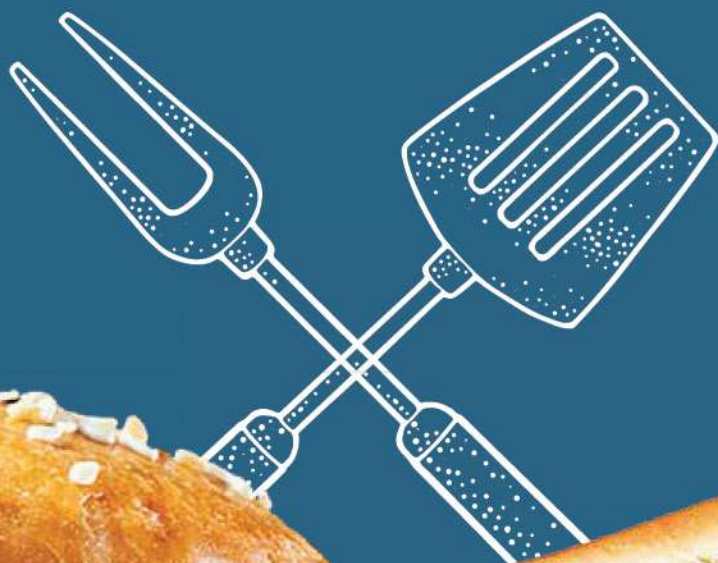
all varieties, 250 g



Save \$1 ea  
**7.99** ea

# Happy Father's Day!

Wishing all the dads and dad figures  
a wonderful day filled with love,  
joy, and meaningful moments.



# For Dad Dad with Love



## Farm Boy™ Gourmet Burgers

- Made from scratch by us daily using our exclusive recipes!
- Crafted with classic and internationally inspired flavours.
- Available in Beef, Chicken, or Turkey varieties.



## Farm Boy™ Artisan Pork Sausages

- Handcrafted by us with quality ingredients—no MSG or fillers!
- Prepared with lean pork or poultry and our signature seasonings.
- Choose from 18 globally inspired varieties.



## Farm Boy™ Flattened Chicken

- Expertly cut and trimmed by our butchers.
- Back and breastbone removed for easy cooking and carving.
- Ready to cook, and available in plain or marinated varieties.



## Farm Boy™ Steakhouse Bacon

- Four times thicker than our regular bacon!
- Traditionally dry-cured and naturally hardwood smoked.
- Free of added flavours or phosphates.

## BBQ Must-Haves for Father's Day



### Farm Boy™ BBQ Sauces

made by us, \$5.99 ea, 330 mL



### Farm Boy™ Cooking & Grilling Sauces

\$4.99 ea, 500 mL



### Farm Boy™ Gourmet Mustards

\$5.99 ea, 225 mL



### Farm Boy™ Relish

\$5.99 ea, 250 mL



### Farm Boy™ Flavoured Mayonnaise

\$5.99, 470 mL



### Farm Boy™ Texas Hamburger & Hot Dog Buns

\$3.47/pkg, SAVE \$1.02/pkg, pkg of 6 or 8



### Farm Boy™ Long Weekend Chip Mix

\$5.99 ea, 284 g



### Farm Boy™ Retro Sodas

\$1.99 ea, 355 mL



# 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/farmboymothersday/](http://farmboy.ca/farmboymothersday/). 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.

# Strawberry Sensations!



## Farm Boy™ Strawberry Shortcake

- Lemon sheet cake topped with strawberry purée and cream cheese whip.
- Made with real strawberries to celebrate strawberry season!
- Convenient grab-and-go treat prepared in our kitchen.



Made from scratch daily in our kitchen!



## Farm Boy™ Strawberry Margarita Loaf Cake

- Made from scratch daily in our kitchen.
- Moist strawberry-lime cake with strawberry cream cheese icing.
- A seasonal exclusive back for a limited time!



## Farm Boy™ Strawberry Cheesecake Gelato

- Rich, tangy cream cheese taste with fruity strawberry ripple.
- Handcrafted in small batches from 100% Canadian dairy.
- Proudly prepared in Ontario.



## Farm Boy™ Strawberry Lemonade

- Just four simple ingredients!
- Made with real strawberries and sweetened with cane sugar.
- Blend with ice or frozen fruit for homemade slushies!



## Farm Boy™ 8" Rhubarb Strawberry Pie

- Crafted with a classic recipe and real fruit for a homestyle taste.
- Flaky golden crust with sweet-tart strawberry rhubarb filling.
- Proudly prepared in Canada.

## Canadian Strawberry Baskets

- Hand-selected for sweet, long-lasting flavour.
- Sourced from local growers for maximum freshness.



ARRIVING FRESH DAILY!



*Fresh*  
**CANADIAN PRODUCE**  
*is in Season!*



Arriving fresh daily from Canadian fields to your table, each morning brings a new harvest at your local Farm Boy. From crisp-picked greens to vibrant radishes, we celebrate the taste of homegrown goodness with crops delivered with care. *Because the closer it's grown, the fresher it tastes!*



Exceptional Quality!  
**Sweet Bell Peppers**

- Crunchy and juicy with a hint of fruity sweetness.
- Perfect in a fresh or grilled veggie salad!



Fresh Canadian Harvest!  
**Green or Red Butter Lettuce**

- Soft and velvety with sweet, nutty notes.
- Excellent choice to elevate burgers and wraps!



Bunched, French, or Multicolour  
**Radishes**

- Crisp and slightly sweet with a peppery finish.
- Perfect on a veggie platter with our made-in-house dips!



Lush & Leafy  
**Romaine Lettuce**



Hearty & Nutritious!  
**Black or Green Kale**



**Collard Greens or Dandelion Greens**



Bunched  
**Spinach**



Farm Fresh!  
**Green or Red Swiss Chard**



Arriving Fresh Daily!  
**Green or Red Leaf Lettuce**



Fieldless  
**Salad Greens**



Naked Leaf  
**Living Lettuce**

**Locally Grown Asian Greens**



Baby & Shanghai  
**Bok Choy**



Baby & Shanghai  
**Junior Bok Choy**



**Yu Choy**



**Gai Lan**

# Sweet Corn & Heirloom Tomato Gazpacho

 PREP:  
10 mins

 CHILL TIME:  
1 hour

 SERVES:  
4-6

 DIFFICULTY:  
Easy

[View Full Recipe Online](#)


## Ingredients

- 2  $\frac{2}{3}$  cups fresh corn kernels (from 3 ears of fresh corn)
- 1  $\frac{1}{2}$  cups chopped yellow bell pepper
- 2 cups chopped yellow heirloom tomato
- 1  $\frac{1}{3}$  cups chopped English cucumber
- 2 Tbsp Farm Boy™ Sherry Vinegar, or more to taste
- $\frac{1}{4}$  cup Farm Boy™ Extra Virgin Olive Oil
- Farm Boy™ Pure Ontario Liquid Honey to taste, optional
- Salt and pepper to taste
- $\frac{1}{2}$  cup sliced grape or cherry tomatoes
- 1 small jalapeño chili pepper, thinly sliced crosswise
- $\frac{1}{2}$  cup Farm Boy™ Microgreens

## Directions

- 1 In a blender jar, combine corn kernels, bell pepper, tomato, cucumber, Farm Boy™ Sherry Vinegar, Farm Boy™ Extra Virgin Olive Oil, and Farm Boy™ Pure Ontario Liquid Honey (if using). Process until completely smooth and season with salt and pepper to taste. Chill for one hour.
- 2 When ready to serve, mix gazpacho well as it may separate while standing. Serve in small bowls or glasses and garnish with sliced grape tomatoes, jalapeño slices, and Farm Boy™ Microgreens. Drizzle with a bit more Farm Boy™ Extra Virgin Olive Oil.



 Locally and sustainably grown in Vankleek Hill!



# Happy Dragon Boat Festival!

Wishing our customers  
and Team Members  
celebrating joy, happiness,  
and good fortune.





# 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

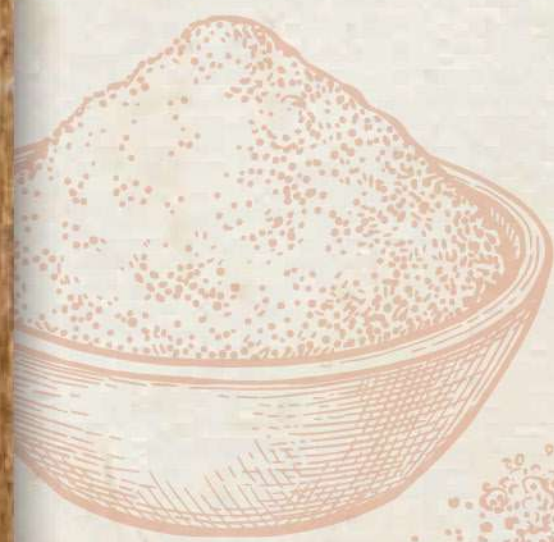
**Mon - Fri:** 8 am to 9 pm

**Sat - Sun:** 8 am to 8 pm



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

## 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](#)

