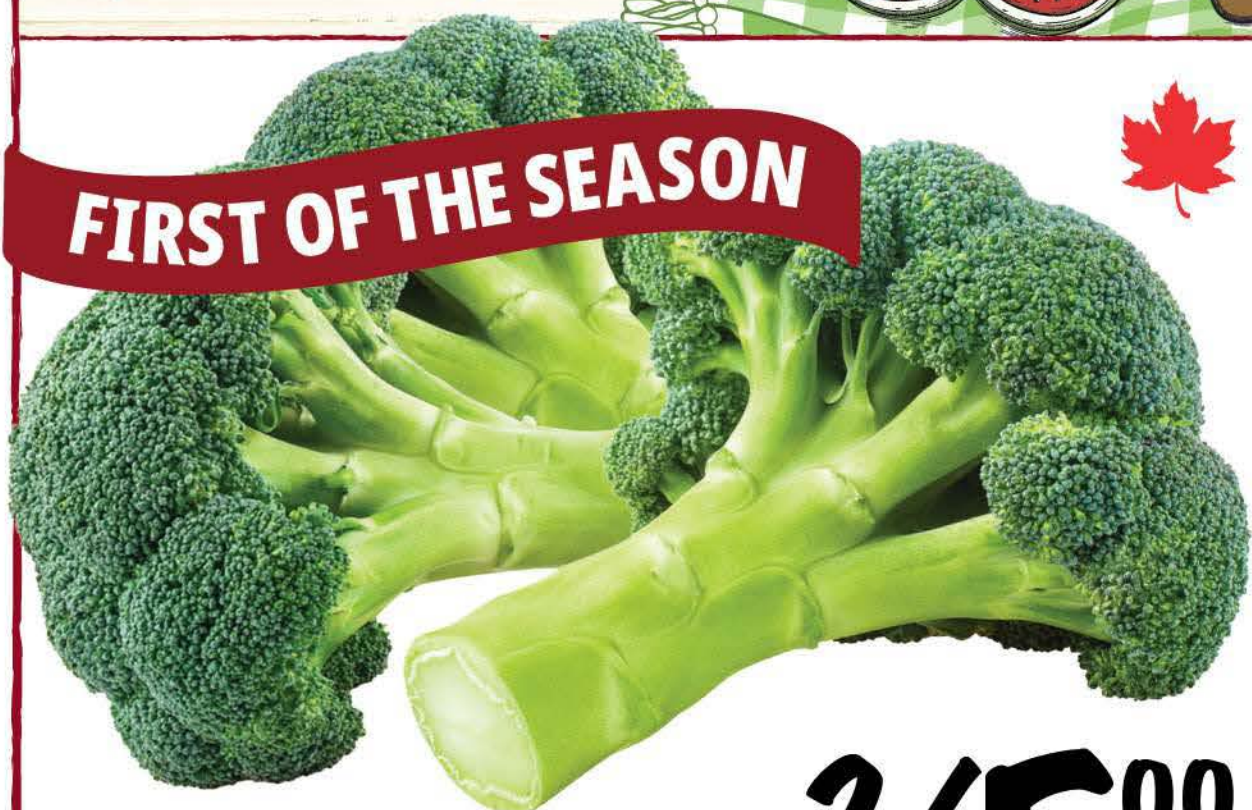




So much fresh to discover.

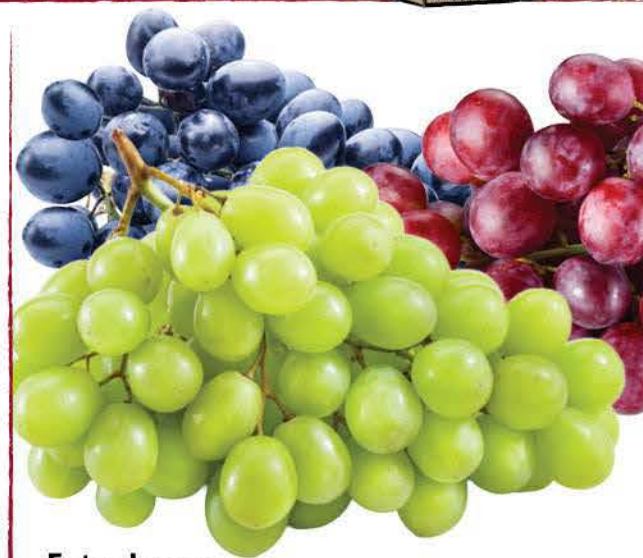


FIRST OF THE SEASON



Broccoli Bunches
product of Canada

2/5⁰⁰



Extra Large
Black, Green, or Red
Seedless
Grapes
No. 1 Grade,
product of USA

Sweet and juicy!

3⁹⁹
/lb
8.80/kg

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



3⁹⁹
/lb
8.80/kg

Save \$3/lb

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



2⁹⁹
/lb
6.59/kg

Save \$1/lb

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



Excellent grilled
on a cedar plank
from our Seafood
Department!

9⁹⁹
/lb
22.02/kg

Save \$4/lb

St-Albert Cheese Co-Op
Mild or Marble Cheddar
product of Canada



Cut or
sliced!

2⁹⁹
/100 g

Save \$.40/100 g

Liberté
Greek or Méditerranée Yogurt
all varieties, 650-900 g

Proudly
Canadian
crafted!



6⁹⁹
ea

Save \$1-\$1.50 ea

From the Bake Shop
Multigrain or Organic Sourdough
480-525 g



Save \$0.50-\$1 ea

4⁹⁹
ea

Farm Boy™
Chip Stacks all varieties, 147 g



2⁹⁹
ea

Save \$.50 ea

Farm Boy™
Fruit Pops or Paletas all varieties, 4x70 mL



6⁹⁹
/pkg

Save \$1/pkg

Snack Factory
Pretzel Crisps select varieties, 200 g



Excellent on
charcuterie
platters!

Save \$1.50/pkg

4⁴⁹
/pkg

Dempster's
Signature Hot Dog
or Hamburger Buns
pkg of 6 or 8

BBQ
essentials
at excellent
value.



3⁷⁷
/pkg

Save \$1.52/pkg

Silk
Plant-Based
Beverages
all varieties, 1.89 L



Save \$1.80 ea

3⁹⁹
ea

Tropical Delights
Coconut Water
1 L



HOT DEAL!

Save \$1.49 ea

2/7⁰⁰

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., July 2 to Wed., July 8, 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

Freshly Prepared by Us

Made Fresh Daily by Us

Lean Ground Beef Patties

product of Canada



Save \$1/lb

8⁹⁹
/lb
19.82/kg

Fresh Pork Souvlaki

product of Canada, 75 g



1⁹⁹
/skewer

Farm Boy™ Meat or Vegetable Samosas



• Available baked or fried, with meat-filled or vegetarian-friendly options.

• Proudly prepared in Ontario with simple, real ingredients.

• No added preservatives, MSG, artificial colours, or flavours.

all varieties, 210-270 g



Authentically crafted, everyday meal option — just heat and serve!



Save \$1/pkg

4⁹⁹-5⁹⁹
/pkg

Striploin Grilling Steaks

MB1 Graded, product of Australia

HOT DEAL!

Cut and trimmed by our butchers.



17⁹⁹
/lb
39.66/kg

Farm Boy™ Peeled & Deveined Jumbo Raw Shrimp

16-20 shrimp per bag, frozen, 21-27/lb raw count, 340 g



Save \$2/pkg

9⁹⁹
/pkg

Farm Boy™ Gourmet Mustards

all varieties, 225 mL



Save \$1.02 ea

4⁹⁷
ea

Farm Boy™ Baked Beans

all varieties, 398 mL



Save \$.49 ea

2/4⁰⁰

Farm Boy™ Sauerkraut or Pickled Salads

796 mL

Bold, tangy flavour!



Save \$.72 ea

4²⁷
ea

Simply Fruit Juices

all varieties, 1.54 L



Save \$2.30 ea

3⁹⁹
ea

Farm Boy™ Oat Lattes

all varieties, 207 mL

Crafted in Etobicoke, ON!

Vegan



Save \$.52 ea

2⁷⁷
ea

Farm Boy™ Crispy Fried Onions

175 g



Save \$.52/pkg

4⁴⁷
/pkg

Stonemill Bakehouse Honest Wellness Breads

all varieties, 454-550 g

Naturally fermented!



Save \$.80 ea

4⁹⁹
ea

Burnbrae Farms Natures Best or Naturegg Simply Egg Whites

1 dozen or 500 g



Save \$1-\$1.20 ea

4⁹⁹
ea

FRESH Produce Arriving Daily!

Fieldless Salad Greens

select varieties, product of Canada, 113-142 g



4⁹⁹
ea

Seedless Cucumbers

Canada No. 1 Grade, product of Canada



4/5⁰⁰

Oyster Mushrooms

product of Canada



8⁸⁸
/case

Asian Greens

Baby Bok Choy, Baby Bok Choy Junior, Shanghai Bok Choy, or Shanghai Bok Choy Junior, product of Canada



3⁴⁴
/pkg

Heirloom Tomatoes

Canada No. 1 Grade, product of Canada



2⁹⁹
/lb
6.59/kg

Bunched French Breakfast or Multicolour Radishes

product of Canada



ARRIVING FRESH DAILY!

2/3⁰⁰

Green Onions

product of Canada



3/2⁵⁰

Multicolour Cherry or Strawberry Tomatoes on the Vine

Canada No. 1 Grade, product of Canada, 340 g



3⁹⁹
/pkg

Tessa Apples

Fancy Grade, product of Italy

Sweet and crisp!



1⁹⁹
/lb
4.39/kg

Farm Boy™ Deglet Noor Dates

product of Tunisia, 340 g



4⁹⁹
/pkg

White Nectarines or Peaches

No. 1 Grade, product of USA



2⁹⁹
/lb
6.59/kg

Seedless Watermelon Quarters

product of USA



Pre-cut for convenience!

.⁹⁹
/lb
2.18/kg

Fresh from Farm Boy

Farm Boy™ Sweet Beet & Orange Soup or Roasted Corn Chowder

Serve our
fresh summer
soups chilled!

- Made fresh by our chefs in small batches!
 - Crafted with high-quality ingredients and our exclusive recipes.
 - Convenient, delicious, and ready to enjoy!
- \$4.99 ea, 445 mL



Farm Boy™ Fresh Guacamole

Made with our exclusive recipes
and farm-fresh produce!

- Prepared fresh in the Farm Boy Kitchen with authentic recipes.
- We use hand-scooped avocados, zesty lemon juice, and quality olive oil.
- Available in plain, salsa-topped, and spicy varieties.

\$6.99 ea, 275 g



Cheese & Deli

Fromagerie Montebello
La Tête à Papineau
cut fresh at our
Cheese Counter,
product of Canada



100%
Canadian
dairy!



Save \$1/100 g

5.99
/100 g

Piller's
Sliced Deli Meats
all varieties, 125-175 g



Save \$.50/pkg

4.99
/pkg

Light Feta Cheese
cut fresh at our Cheese Counter



Save \$1.30/100 g **1.99**
/100 g

Celebrity
Sheep Milk's Cheese 113 g



Save \$1 ea **4.99**
ea

Brandt
**Hot Honey or Smoked
Honey Maple Ham**

all varieties, sliced fresh
at our Deli Counter



2.79
/100 g

Farm Boy™
Italian Deli Meat
select varieties, 100 g



BUY ONE, GET ONE
50% OFF

7.99
/pkg

Bake Shop

Farm Boy™
9" Homestyle Pies

- Tender pie crust with sweet, vibrant real fruit filling.
 - Crafted with a simple recipe and quality ingredients.
 - Proudly prepared by a women-led business in Stoney Creek, ON!
- all varieties, 1.2 kg



Save \$1 ea

11.99
ea

From the Bake Shop
**Jumbo Kitchen
Sink Cookie**

- Soft, chewy, and decadent.
 - Loaded with candy-coated chocolate, marshmallows, pretzels, and more.
 - Great for making homemade ice cream sandwiches.
- 114 g



Save \$.30 ea

2.69
ea

Perfect for
sharing!

Nova Era
Muffins all varieties, 400 g



Save \$1/pkg **4.99-5.99**
/pkg

Allergy Smart
Mini Brownies 228 g



Decadent
dessert
to-go!

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

From the Bake Shop
Belgian Bread 500 g



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

Crusty
French Baguette 275 g



Save \$.30 ea **2.99**
ea

Calla Lily locally grown, 4.5" pot



Assorted colours!

LOCAL

Save \$1 ea

9.00
ea

A Wide Selection of Market Bunches

Discover
more long-lasting
varieties in-store!



Save \$2 ea

8.00
ea

Grocery

Farm Boy™ Trail Mixes

- Crunchy nut mixes with sweet or savoury combos.
 - A convenient, tasty source of fibre!
 - Excellent for trips, packed meals, and snacking.
- Flavours of PB & J or Plant Based Cheezy, 225-250 g



Save \$.52-\$.52/pkg

547 /pkg

Comeback Snacks Caramel Popcorn

all varieties, 200-225 g



Save \$2 ea

499 ea

Kind Breakfast or Granola Bars

all varieties, 175-200 g

Wholesome on-the-go snacking!



Save \$1-\$1.50/pkg

499 /pkg

Montellier Sparkling Water

all varieties, 1 L



100% Canadian natural spring water.

Save \$.50 ea

149 ea

Koukila Delights Coconut Macaroons

all varieties, 30 g

Organic Vegan



Save \$.50/pkg

199 /pkg

Caprices d'Antan Dressings

all varieties, 250 mL



Made from fresh fruits and veggies!

Save \$1 ea

499 ea

Califia Plant-Based Barista Blends

all varieties, 946 mL

Rich and creamy!

Vegan



Save \$1.50 ea

499 ea

Biotalla Dried Pasta

all varieties, 500 g

Excellent value!



Save \$.50-\$.80/pkg

349-449 /pkg

Farm Boy™ Gourmet Olives & Antipasto

- These gourmet antipasto favourites are super convenient and great for entertaining!
- Available in: Antipasto Mix, Oven-Baked Black Olives, Castelvetrano Olives, Greek Green Olives, Kalamata Olives, and Lupini Beans.

580 mL



Save \$1.02 ea

697 ea

Dairy & Frozen

Farm Boy™ Cream Cheese

- Made locally in small batches with 100% Canadian dairy.
- Freshly crafted and delivered to stores weekly!
- Prepared using European-style techniques.

Versatile choice for baking, pastas, and more!



Save \$1 ea

399 ea

Gay Lea Spreadable Butters

all varieties, 227 g



Save \$1 ea

549 ea

YOP Drinkable Yogurt

all varieties, 6x200 mL



Save \$2/pkg

699 /pkg

Rolling Meadow Grass Fed Milk

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



Save \$1-\$1.50 ea

699 ea

Rise Kombucha

all varieties, 414 mL



Organic Vegan

Save \$.99 ea

2/700

Henry's Gourmet Tempeh

all varieties, 200-250 g



Save \$1 ea

549 ea

VG Gourmet Artisan Vegan Burgers

all varieties, frozen, 400 g



Save \$1/pkg

899 /pkg

International Delight or Silk Cold Foam

all varieties, 369-396 g

Light and frothy!



Save \$1 ea

699 ea

Stok Cold Brew Coffee

all varieties, 1.42 L



Save \$1 ea

899 ea

Summer of Seafood



Farm Boy™

Frozen Shrimp

- Flash-frozen to lock in freshness and flavour.
- Deveined for convenient meal preparation.
- Available in fully-cooked and raw varieties—no added preservatives.



Farm Boy™

Scallops

- Wild caught and quick-frozen to preserve ocean-fresh flavour.
- Savoury, naturally sweet, and succulent.
- Part of our Good Catch™ sustainable sourcing program.



Farm Boy™

Tuna Steaks

- Mild, buttery flavour with a firm and tender texture.
- Boneless, skinless, and ready to cook!
- Part of our Good Catch™ sustainable sourcing program.



Farm Boy™

Frozen Fish Fillets

- Sustainably sourced and wild-caught for exceptional quality.
- Frozen at peak freshness, expertly prepared, and ready to cook.
- Available in buttery Black Cod, meaty Halibut, and flaky Pickerel.



Farm Boy™

Fresh Seafood Sauces

- Vibrant, tangy sauces made with our exclusive recipes.
- Available in zesty Cocktail Sauce, Creole Remoulade, and Tartar Sauce.
- Crafted fresh in the Farm Boy Kitchen.



Hand-stacked

Salmon Kebabs

- Hand-stacked by us with fresh seasonal veggies and buttery salmon.
- Available in plain or seasoned varieties—ready to cook!
- Pair with our chef-prepared salads for a near effortless meal.

Grilled Scallops with Salsa Verde

 **PREP:**
10 mins

 **COOK TIME:**
5 mins

 **SERVES:**
4

 **DIFFICULTY:**
Easy

[View Full Recipe Online](#)

Ingredients

- 2 Tbsp chopped flat leaf parsley
- 2 Tbsp chopped cilantro
- Zest and juice of 1 lemon
- 1 tsp Farm Boy™ Garlic Flowers
- 2 Tbsp finely chopped Farm Boy™ Caper Berries
- Pinch Farm Boy™ Chili Flakes
- ¼ cup Farm Boy™ Extra Virgin Olive Oil, plus more for oiling scallops
- Salt and black pepper to taste
- 1 bag Farm Boy™ Jumbo Hokkaido Scallops (340g), thawed overnight in fridge
- 8 wooden skewers, soaked in water for ½ hour

Directions

- 1 In a small bowl, combine parsley, cilantro, lemon zest and juice, garlic flowers, caper berries, chili flakes, olive oil, salt, and pepper. Reserve.
- 2 Remove adductor muscle from scallops and dry thoroughly. Thread scallops using two skewers for each kebab. This will prevent scallops from turning as you flip them on the grill.
- 3 Season scallops on both sides with salt and pepper.
- 4 Preheat grill on high. Clean grates and lightly grease using an oiled paper towel. Lower heat to medium-high and place skewers on grates. Grill for 2 minutes, then flip and cook for another 1-2 minutes. Internal temperature should be 115°F (carry over temperature will take them to 125°F).
- 5 Remove from grill and serve immediately with salsa verde.

**Crafted in Italy
using 200 years
of family tradition!**





Now Open!

We're delighted to bring you
"A Farm Boy Fresh Twist" on the food
experience with great food, excellent value,
and friendly service. *Come on in!*

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)

Monthly Hot Bar Menu



SUMMER BBQ

Our Chefs have prepared a mouthwatering menu inspired by the bold tastes of summer! **Made from scratch daily** with fresh ingredients and our own recipes, we think you'll love these delicious dishes.

Smokehouse Pork Ribs

Fall-apart ribs slathered in our house-made Smokehouse BBQ Sauce.



Campfire Potatoes

Roasted with smoky bacon, red peppers, jalapeños, and parsley.



Peri Peri Drumsticks

Tossed in spicy, zesty house-made marinade and 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](#)

