



So much fresh
to discover.



Sweet & Juicy
Blueberries
Canada No. 1 Grade,
product of Canada



FULL
PINT

344
/pkg

Canada Grade A.



Fresh
**Whole
Chicken**
product
of Canada



299
/lb
6.59/kg

Save \$2/lb

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



199
/lb
4.39/kg

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



499
/lb
11.00/kg

Save \$2/lb

Farm Boy™
**Raw Wild
Caught
Argentinian
Shrimp**
15-23 shrimp
per bag, frozen,
23-30/lb count,
340 g



Save \$5/pkg

799
/pkg

Schäringer
Edam Ball cut or sliced
at the Cheese Counter,
product of Netherlands



Great for
grilled cheese!

Save \$.50/100 g

249
/100 g

Farm Boy™
Italian Deli Meat select varieties, 100 g



BUY ONE, GET ONE
50% OFF

799
/pkg

Handmade In-Store
Cruffies
all varieties, 335 g



PKG
OF 6



Save \$1/pkg

499
/pkg

Dempster's
Grain Breads all varieties, 600 g



Save \$1.20-\$1.50 ea

349
ea

Farm Boy™
Perogies
all varieties, frozen, 454 g



Save \$1.05/pkg

444
/pkg

Farm Boy™
Chickpea Chips all varieties, 120 g



Save \$.61 ea

288
ea

Farm Boy™
Skipjack Tuna all varieties, 170 g



Save \$.49 ea

2/4.00

Tre Stelle
Cream Cheese all varieties, 200 g



Save \$2.02 ea

377
ea

La Croix
Sparkling Flavoured Water
all varieties, 8x355 mL



Save \$1/pkg

599
/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.



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

FRESH SPECIALS IN EFFECT: Thurs., July 16 to Wed., July 22, 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

Chef's Market

Made by Us
Lean Ground Beef Patties
product of Canada



Save \$1/lb

8.99
/lb
19.82/kg

Farm Boy™
Chicken Breast Kebabs
all varieties

Hand-stacked
by us using
simple ingredients.



Save \$1/lb

11.99
/lb
26.43/kg

Striploin Grilling Steaks MB1 Graded,
product of Australia

HOT DEAL!

Cut and
trimmed by
our butchers.



17.99
/lb
39.66/kg

Farm Boy™
Delightfully Delicious Dips

- Cool and creamy, perfect for fresh-cut veggies or our famous chips.
- Made fresh by our chefs!
- Available in Buffalo, Dill Pickle, or Sour Cream & Onion. 225 g



Save \$1 ea

4.99
ea

Farm Boy™ Naturals
Double Smoked Sliced Bacon
product of Canada, 375 g



Save \$1/pkg

5.99
/pkg

Lesters
Jumbo or Original Hot Dogs
450 g



Save \$1-\$2/pkg

4.99
/pkg

Marinated
Maple BBQ Salmon Skewers
140 g



Save \$1/skewer

5.99
/skewer

Farm Boy™
Coconut Cream or Milk
all varieties, 400 mL



Save \$.99 ea

2/4.00

Farm Boy™
Pretzel Sticks or Twists
all varieties, 320-400 g



Save \$.50 ea

2.49
ea

Farm Boy™
Cooking & Grilling Sauces all varieties, 350 mL



Save \$.52 ea

5.47
ea

Earth's Own
Plant-Based Beverages
select varieties, 1.75-1.89 L



Save \$.80 ea

3.99
ea

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



Save \$.52/pkg

2.97
/pkg

Roar
Electrolyte Beverages
all varieties, 532 mL



Save \$.49 ea

2/6.00

Farm Boy™
Rice Crackers all varieties, 100 g



Save \$.99/pkg

2/4.00

Tradition
Sweet Apple Cider 1.5 L



Save \$.70 ea

3.79
ea

FRESH CANADIAN Produce Arriving Daily!

Green or Red
Swiss Chard
product of Canada



1.67
ea

Eggplants
product of Canada



1.75
/lb
3.86/kg

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



2.99
/pkg

Mini Cucumbers
Canada No. 1 Grade,
product of Canada



2/5.00

Green Onions
product of Canada



3/2.50

Napa Cabbage
Canada No. 1 Grade,
product of Canada



.68
/lb
1.50/kg

Bunched Radishes
product of Canada



ARRIVING FRESH DAILY!

.95
/bunch

Iceberg Lettuce
Canada No. 1 Grade,
product of Canada



1.45
ea

Nectarines or Peaches
No. 1 Grade, product of USA



1.99
/lb
4.39/kg

Limes product of Mexico



2 lb BAG

Tart & tangy!

3.88
/bag

Tree Ripened
Baby Papaya product of Brazil



FLOWN IN FOR PEAK FRESHNESS

3.99
ea

Seedless Lemons
product of South Africa



1 lb BAG

2.99
/bag

Fresh from Farm Boy

Farm Boy™ Salad Blends

- Dig into these nutrient-dense blends of fresh, crisp greens and veggies!
- Prepared fresh by our chefs daily.
- Choose from Baby Kale, Garden Blend, Harvest Kale, Romaine, or Superfood. all varieties, 325-450 g



Save \$1 ea

5⁹⁹
ea

Farm Boy™ Garden Fresh Gazpacho

- Vibrant, tangy soup with a kick of spice — serve chilled.
- Made fresh by our chefs with tomatoes, cucumbers, garlic, peppers, and onions.
- Crafted in our kitchen with our exclusive recipes.

available for a limited time! 946 mL



8⁹⁹
ea

Cheese & Deli

Briette Creamy & Flavoured Bries all varieties, 125 g

Perfect for
charcuterie
platters!



Save \$1 ea

5⁴⁹
ea



Halenda's Fine Foods Kobassa Classic or Old Country, 275 g

Traditionally made
and award-winning!



Save \$.50 ea

6⁴⁹
ea



Beemster Gouda Wedges all varieties, 250 g



Save \$1 ea

10⁹⁹
ea

Le Bedouin Akawie & Nabulsi 200-250 g



Save \$1 ea

8⁹⁹
ea

Brandt Oven Roasted Chicken Breast sliced fresh at our Deli Counter



Save \$.50/100 g

3⁴⁹
/100 g



Blue Danube Smoked Homemade Ham sliced fresh at our Deli Counter



Save \$.50/100 g

3⁴⁹
/100 g



Bake Shop

Farm Boy™ Butter Tarts pkg of 6 regular or pkg of 12 mini, not applicable to Gluten-Free



Save \$.50/pkg

7⁴⁹
/pkg



BeaverTails Gourmet Cookies all varieties, 320-340 g

Baked fresh
in-store!



Save \$1/pkg

6⁹⁹
/pkg



Farm Boy™ Gluten-Free Butter Tarts all varieties, 400 g



Save \$1/pkg

9⁹⁹
/pkg



Farm Boy™ 8" Apple Pie 620 g



Save \$.50 ea

7⁴⁹
ea

From the Bake Shop French Baguette 275 g



Save \$.30 ea

2⁹⁹
ea

From the Bake Shop Gourmet BBQ Buns all varieties, 480-570 g



Save \$.50/pkg

5⁴⁹
/pkg



Big Bunch of Roses 20 stems



Perfect
for gifting!

Save \$11/bunch

25⁰⁰
/bunch

Premium Double Spike Orchids



Exceptional quality
and beauty!

Save \$6 ea

20⁰⁰
ea

Grocery

Farm Boy™ Flaky Cheese Crackers

- Buttery, flaky, and savoury European-style crackers.
- Based on traditional Dutch recipes and available in specialty shapes.
- Seasoned with premium cheeses like Edam, Gouda, Grana Padano, and Parmigiano Reggiano all varieties, 90-100 g



Save \$1/pkg

3.99
/pkg

ItalFoods Beans

all varieties, 540 mL



Save \$.50 ea

2.29
ea

Kuhne Yogurt Dressings

all varieties, 250 mL



Save \$1 ea

3.99
ea

G.H. Cretors

Popcorn Blends

all varieties, 184-227 g

Available in four satisfying flavours.



Save \$1.50 ea

5.49
ea

Cabana Lemonades

all varieties, 591 mL



Save \$.50 ea

2.99
ea

Barbara's Cheez Puffs

all varieties, 155-198 g



Save \$1/pkg

3.99
/pkg

Farm Boy™ Seaweed Stacks

- Crispy, perfectly seasoned nori with savoury umami flavour.
- Traditionally crafted with premium-quality seaweed.
- Low in fat and sodium—only 30 calories per serving! 6 x 5 g

A light, crunchy alternative to potato chips!



Save \$1/pkg

3.99
/pkg

Jolt Performance Bars

all varieties, 47 g



High in fibre!

Save \$1 ea

2.69
ea

Brüst Cold Brew Protein Coffee

all varieties, 330 mL



Save \$.99 ea

2/7.00

Dairy & Frozen

Farm Boy™ Hash Browns

- Diced potatoes tossed with savoury spices and crisp veggies.
- Quickly pan-fry or bake and top with eggs & avocado for an easy, hearty breakfast!
- Gluten-free and available in Smoked Bacon or Vegetable. all varieties, frozen, 750 g



Save \$1/pkg

8.99
/pkg

Greenhouse Smoothies

select varieties, 900 mL



Save \$1 ea

6.99
ea

Egglife Egg White Wraps

all varieties, pkg of 6, 168-170 g

Gluten-free and dairy-free!



Save \$1/pkg

8.99
/pkg

Nature's Path Waffles

all varieties, frozen, 210 g



Save \$1.50/pkg

4.99
/pkg

Mush Overnight Oats

all varieties, 148 mL



Save \$.50 ea

2.99
ea

Rise Kombucha

all varieties, 414 mL



Save \$.99 ea

2/7.00

Pulp & Press Cold Pressed Juices

all varieties, 355 mL



Save \$1 ea

5.99
ea

Greenhouse Protein Shakes

all varieties, 300 mL



Save \$1 ea

3.99
ea

Simply Juices

all varieties, 340 mL



Save \$.70 ea

2.79
ea

Ice Cream Day is July 19!

Cool down with a selection of decadent frozen desserts we think you'll love. From locally churned ice cream made with 100% Canadian dairy to vegan-friendly delights, find the flavour that's just right for you in our Frozen Department!

Farm Boy™

Ice Cream

- Locally churned with 100% Canadian dairy for a luxurious creamy taste.
- Build your cones and sundaes with any of our 10 decadent flavours!
- Proudly prepared in Tillsonburg, ON.



Farm Boy™

Gourmet Ice Cream

- Handcrafted locally using 100% Canadian dairy!
- Free of added preservatives, artificial flavours, or colours.
- Proudly prepared in Huntsville, ON.



Farm Boy™

Keto Ice Cream

- Crafted in Belleville, ON, using fresh Canadian cream.
- Enjoy Chocolate or Vanilla varieties—only 3 grams of sugar per serving!
- Keto, kosher, and halal-friendly.



Farm Boy™

Oat-Rageous Frozen Desserts

- Crafted locally in small batches from Canadian oats!
- Rich, creamy, and 100% dairy-free.
- Available in four vegan-friendly flavours.



Farm Boy™

Ice Cream Bars

- Smooth ice cream dipped in a decadent chocolatey coating.
- Available in kosher-friendly Caramel Peanut Crunch or French Vanilla.
- Proudly prepared in Canada.



Farm Boy™

Ice Cream Cookie Sandwiches

- Indulgent vanilla ice cream packed between two decadent cookies.
- Choose from soft chip cookies in Chocolate Chip, Fudge Chip, or Gluten-Free.
- Convenient handheld desserts, ready for summertime enjoyment!



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. *The closer it's grown, the fresher it tastes!*



Beans, Green Peas, or Fava Beans

- Exceptional quality from the season's newest harvest.
- Wholesome legumes with essential vitamins, fibre, and protein.



Broccoli Bunches or Crowns

- Hearty, crunchy, and hand-selected for the best taste.
- Delivered to stores daily at peak freshness!



Green or Red Frisée

- Crisp and long-lasting with mild bitter and nutty notes.
- An excellent choice for salad mixes, grilling, and wraps.



Green or Red Butter Lettuce



Bunched, French, or Multicolour Radishes



Eggplants



Green, Grey, or Yellow Zucchini



Green or Red Swiss Chard



Green or Red Leaf Lettuce



Baby & Shanghai Bok Choy or Junior Bok Choy



Gai Lan or Yu Choy

Sweet & Juicy Canadian Gems!



Field-Grown Strawberries

Canada No. 1 Grade



Blueberries or Raspberries

Canada No. 1 Grade



Red or White Currants



Fresh & Tangy Gooseberries

Rustic Tomato Tart

 **PREP:**
15 mins

 **COOK TIME:**
30 mins

 **SERVES:**
4-6

 **DIFFICULTY:**
Easy

[View Full Recipe Online](#)

Ingredients

½ pack Farm Boy™ Butter Puff Pastry, thawed overnight in fridge

1 large Farm Boy™ Egg, beaten

250 g assorted heirloom tomatoes, cut into ¼" thick slices

¾ cup ricotta cheese

⅓ cup Farm Boy™ Original Goat's Milk Cheese, crumbled

1 tsp Farm Boy™ Garlic Flowers

Farm Boy™ Fleur de Sel to taste

Freshly cracked black pepper to taste

6 Tbsp Parmigiano Reggiano cheese, divided

Farm Boy™ Organic Crushed Chili Peppers and black pepper, for garnish

2 Tbsp fresh basil leaves, sliced, plus a few for garnish

Farm Boy™ Extra Virgin Olive Oil for garnish

Directions

- 1 Preheat oven to 400°F.
- 2 Place a sheet of parchment paper on your work surface and unroll one sheet of Butter Puff Pastry on it. Using a rolling pin, roll to a 10" x 12" rectangle. Transfer parchment and pastry to a large sheet pan.
- 3 Brush edges of pastry with beaten Egg, then fold edges in to form a border all around pastry. Brush rim with Egg and prick the centre of the pastry with the tines of a fork. Bake for 15 minutes.
- 4 Meanwhile, place sliced tomatoes on paper towels and sprinkle with Fleur de Sel. Let them sit for 10 minutes; the salt will draw out the moisture from the tomatoes. Pat tomatoes dry.
- 5 In a medium bowl, combine ricotta cheese with Original Goat's Milk Cheese, Garlic Flowers, and sliced basil. Add 2 Tbsp Parmigiano Reggiano, Fleur de Sel, and freshly cracked black pepper to taste.
- 6 Remove pastry from the oven and press down centre as it will have puffed up. Spread the ricotta mixture onto the centre of the tart, making sure you leave edges clear. Shingle tomatoes decoratively over cheese. Sprinkle with 2 Tbsp Parmigiano Reggiano and place back in the oven. Bake for an additional 15 minutes, until pastry is crisp and golden brown.
- 7 Let tart cool to warm or room temperature and serve garnished with cracked black pepper, Organic Crushed Chili Peppers, a drizzle of Extra Virgin Olive Oil, and basil leaves.



Monthly Hot Bar Menu



SUMMER BBQ

Your table is always ready at Farm Boy! This month, our chefs have crafted a mouthwatering menu inspired by the bold tastes of summer. **Made from scratch daily**, our convenient selection of restaurant-quality items is prepared with fresh ingredients and our own recipes, always at an excellent value and with no tip required.

While quantities last—not available at Barrhaven or Blue Heron.

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.



Remember:

The MyFarmBoy™ Salad Bar Program allows you to **earn points towards FREE Hot Bar or Salad Bar items**. Click [here](#) for more details.



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 and Canadian farmers, growers, and producers to bring you an unparalleled shopping experience filled with items that surprise and delight.

Handpicked and curated by us to provide excellent value. From crisp-picked greens to vibrant fruits and so much more, we celebrate the taste of homegrown goodness with the freshest crops delivered with care. Come on in and discover what's in-store.

Get closer to the farm.

The freshest Canadian produce.

- Harvested at their peak and delivered fresh each day.
- Grown as close to home as possible for unparalleled quality and taste.
- Arriving fresh daily from Canadian fields to your table, each morning brings a new harvest at Farm Boy.



So much fresh to discover.



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

[Learn More](#)

