



So much fresh
to discover.



Vine-Ripened Tomatoes, Green Zucchini, or Grey Zucchini

Canada No. 1 Grade, product of Canada



1.49
/lb
3.28/kg



Jumbo
Cantaloupe
No. 1 Grade,
product of USA

3.99
ea

Fresh, Canadian
Split Chicken Breast
skin-on, bone-in



Save \$1.55/lb

4.44
/lb
9.79/kg

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



Save \$3/lb

3.99
/lb
8.80/kg

Fresh Atlantic
Salmon Steaks product of Canada



Save \$2/lb

9.99
/lb
22.02/kg

available at all stores except Blue Heron Mall

Farm Boy™
Homestyle Hummus
all varieties, 300 g



Save \$1 ea

3.99
ea

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

Proudly
prepared
in Canada!



Save \$1-\$1.50 ea

6.99
ea

Nova Era
Mini or Regular Muffins
all varieties, pkg of 4 regular or 12 mini, 336-400 g



Save \$1-\$2/pkg

4.99
/pkg

Farm Boy™
Fattoush Chips all varieties, 190 g



Save \$1/pkg

3.99
/pkg

Farm Boy™
Ice Cream Cookie Sandwiches
all varieties, 4x130 g



Save \$1/pkg

4.99
/pkg

Farm Boy™
Brioche Hamburger Buns
Regular or Sesame, 4x57 g



Save \$.99/pkg

2/6.00

Zevia
Zero Sugar Sodas
all varieties, 6x355 mL



Save \$1/pkg

6.99
/pkg

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



Fresh from
Ontario
Farms!



3.99
ea

Save \$1-\$2 ea

Farm Boy™
Peanut Butter
Crunchy or Smooth, 500 g



Save \$1.02 ea

3.97
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., July 23 to Wed., July 29, 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

Farm Boy™
Top Sirloin Beef Kebabs
all varieties,
made by us



Hand-stacked
by our butchers!

Save \$2/lb
12⁹⁹ /lb
28.64/kg

Farm Boy™ Chef-Prepped
Flattened Chicken
all varieties, made by us



Save \$1/lb
5⁹⁹ /lb
13.21/kg

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



Save \$2/lb
17⁹⁹ /lb
39.66/kg

Ground In-Store Daily
Medium Ground Beef
product of Canada



Save \$2/lb
6⁹⁹ /lb
15.41/kg

Farm Boy™
Stadium Smokies
all varieties, 500 g



Save \$1/pkg
6⁹⁹ /pkg

Leadbetter's
Naturally Smoked Bacon
product of Canada, 375 g



Save \$2/pkg
4⁹⁹ /pkg

Ready-to-Cook
Pork Souvlaki
product of
Canada,
75 g



1⁹⁹ /skewer

Farm Boy™
Cooked Shrimp
frozen,
16-19 shrimp
per bag,
21-25/lb count,
340 g



Save \$4/pkg
9⁹⁹ /pkg

Farm Boy™
Gourmet BBQ Sauces
made by us, all varieties, 330 mL



Save \$1 ea
4⁹⁹ ea

Farm Boy™
Green or Kalamata Olives
select varieties, 370 mL



Save \$.72 ea
3²⁷ ea

Farm Boy™
Sparkling Beverages
all varieties, 275 mL



Save \$.49 ea
2/3⁰⁰

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



Save \$.50-\$.70 ea
3⁷⁹ ea

El Sabroso
Guacachips or Salsitas
284 g



Save \$1 ea
4⁹⁹ ea

Farm Boy™
Nitro Cold Brew
all varieties, 355 mL



Save \$.49 ea
2/5⁰⁰

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



Save \$.80-\$1/pkg
3⁹⁹ /pkg

Armstrong
Melts
pkg of 24, 450 g



Save \$1/pkg
5⁴⁹ /pkg

FRESH CANADIAN Produce Arriving Daily!

Greenbelt
Salad Greens
select varieties,
product of Canada,
113-142 g



3⁹⁹ /pkg

Heirloom Tomatoes
Canada No. 1 Grade,
product of Canada



2⁹⁹ /lb
6.59/kg

Mini Cucumbers
Canada No. 1 Grade,
product of Canada



2 lb PKG

3⁹⁹ /pkg

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



2/5⁰⁰

Green Beans
product of Canada



FIRST OF THE SEASON!



2⁹⁹ /lb
6.59/kg

Red or White
Top Onions
Canada No. 1 Grade,
product of Canada



3⁹⁹ /bunch

Green or Red
Leaf Lettuce
product of Canada



1²⁵ ea

Garlic Scapes
product of Canada,
200g



1⁹⁹ /pkg

Farm Boy™
Cucumber Mint Lemonade or Watermelon Lime 1.5 L



3⁹⁹ ea

Sweet & Juicy
Raspberries product of USA,
170 g



3⁸⁸ /pkg

Seedless
Watermelon Quarters
product of USA



Pre-cut for
convenience!

.99 /lb
2.18/kg

Whole
Raw Hazelnuts 180 g
Ontario
grown!



9⁶⁹ /pkg

In case of discrepancy between the picture and the text, the text will always be deemed correct. We reserve the right to limit quantities, while supplies last. Product selection may vary by store.

Fresh from Farm Boy

Farm Boy™

Chef-Prepped Bowls

- Made daily by our chefs with fresh ingredients and delicious flavours!
- Wholesome meals that are perfect for busy schedules!
- Choose from satisfying recipes like Blackened Chicken, Kung Pao Shrimp, Swedish Meatball, and more.

\$10.99-\$13.99 ea, 425-630 g

Chef-Prepped Salad Bar

- Each salad is made with a vibrant selection of veggies, proteins, and mix-ins for the ultimate flavour-packed meal.
- Our ingredients are carefully selected for the freshest produce, guaranteed.

Explore fresh salad options prepared daily by our chefs!

Cheese & Deli

Maldera
Burratina
product of Italy, 100 g



Handmade with a traditional Apulian recipe!

Save \$.50 ea

6⁹⁹ ea

Farm Boy™
Italian Deli Meat
select varieties, 100 g



Authentically made!

Save \$.50/pkg

7⁴⁹ /pkg

Canadian Feta
cut fresh at our Cheese Counter



Save \$1/100 g

1⁹⁹ /100 g

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



Save \$.60/100 g

2⁹⁹ /100 g

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



Save \$.50 ea

6⁴⁹ ea

Blue Danube Sausage House
Hot or Mild Csabai
300 g



Save \$.50 ea

12⁴⁹ ea

Bake Shop

Handmade In-Store
Cruffies all varieties, 335 g



Key Lime is back!

Save \$1/pkg

4⁹⁹ /pkg

La Rocca
Strawberry Dream Cake 6", 1 kg



Perfect for summer entertaining!

Save \$2 ea

22⁹⁹ ea

Allergy Smart
Mini Brownies 228 g



Decadent dessert to-go!

Save \$1/pkg

6⁹⁹ /pkg

Farm Boy™
9" Homestyle Pies
all varieties, 1.2 kg



Save \$1 ea

11⁹⁹ ea

From the Bake Shop
Belgian Bread 500 g



Save \$.50 ea

4⁴⁹ ea

Made Fresh In-Store
Pita Chips
all varieties



Save 10%

1⁷⁹ /100 g

Big Bunches
Carnations
25 stems



Beautiful, long-lasting blooms!

Save \$4 ea

16⁰⁰ ea

Jazz Tropical Plants
8" pot



Lush and vibrant foliage!

Save \$5 ea

26⁰⁰ ea

Grocery

Farm Boy™ Corn Tortillas

- Traditionally crafted using authentic recipes.
- Made with 100% stone-ground corn—no artificial colours!
- Proudly prepared in Ontario.



Save \$.52/pkg

3.97
/pkg

Chosen Foods Salad Dressings

all varieties, 237 mL



Made
with 100%
avocado oil!

Save \$1-\$2 ea

7.99
ea

New York Style Bagel Crisps

all varieties, 170 g



Save \$.50/pkg

4.49
/pkg

Farm Boy™ Polish Dill Pickles 1.5 L



Made with garlic,
horseradish, dill,
and mustard for
tangy crunch!

Save \$1.02 ea

7.47
ea

Yerba Madre Iced Teas

all varieties, 458 mL



Save \$.80 ea

2.99
ea

Ceres 100% Juice Blends

all varieties,
1 L

Vibrant and
refreshing!



Save \$1 ea

3.99
ea

Farm Boy™ Buffalo Sauce

- A tangy, spicy favourite originally from our Chef's Market.
- Crafted by us with simple ingredients.
- Free of artificial colours, flavours, or added preservatives.

330 mL



Save \$1 ea

5.99
ea

Oatly Oat Drink

select varieties, 946 mL



Save \$1.50 ea

4.49
ea

Simply Delish Instant Pudding or Jel Dessert

all varieties,
20-48 g



Save \$.50/pkg

3.49
/pkg

Dairy & Frozen

Farm Boy™ Butter Puff Pastry

- Take home-baked treats to another level with our soft, flaky, and buttery puff pastry.
- Pre-cut, rolled, and ready-to-bake for your convenience.
- Craft scrumptious pies, elegant tarts, savoury sausage rolls, and more!

450 g



Save \$1/pkg

4.99
/pkg

Farm Boy™ Phyllo Pastry

454 g



Save \$1/pkg

2.99
/pkg

Chef Dumas Pie Crusts

340 g



A tasty base
for your
favourite
recipes!

Save \$.70 ea

4.29
ea

Farm Boy™ Cheesecakes

Basque- or Japanese-Style, 500 g



Save \$2 ea

11.99
ea

Starbucks Coffee Enhancer

all varieties,
828 mL

Café-inspired
flavours!



Save \$.70 ea

8.29
ea

International Delight Flavoured Creamer

all varieties,
946 mL



Save \$.70 ea

6.29
ea

Silk Coffee Enhancer

all varieties,
890 mL

Vegan
Smooth, rich,
and dairy-free.



Save \$.80 ea

5.99
ea

International Delight or Silk Cold Foam

all varieties,
369-396 g

Light and
frothy!



Save \$1 ea

6.99
ea

Corn Season Superstars!

When it comes to good food, we don't miss a kernel of quality. From the first local harvests of the season to exclusive chef-prepared creations, we think you'll love our expertly curated assortment. A summertime favourite, corn takes centre stage in a selection of delicious dishes made fresh in our kitchen!

Farm Boy™

Mexican Street Corn Ribs

- Sweet corn tossed in savoury spices with fresh cilantro and feta.
- Includes a spicy, house-made chipotle mayo for dipping or spreading.
- Made by us and ready to enjoy—serve as-is or heated up.



Limited time only!

Farm Boy™

Roasted Corn Chowder with Bacon

- Made fresh by our chefs in small batches.
- A creamy, nourishing meal or appetizer—just heat and serve.
- Crafted with fresh, high-quality ingredients like corn, leeks, bacon, jalapeños, and whipping cream.



Farm Boy™

Corn & Black Bean Salsa

- Fresh from the Farm Boy Kitchen!
- Made with delicious ingredients for an authentic flavour.
- Enjoy it as a snack, in tacos and burritos, or on nachos!



Farm Boy™

Jalapeño Corn Bread

- Crafted fresh daily by us using our own recipe.
- Made with simple, real ingredients like cornmeal, chives, and pickled jalapeños.
- Only available for a **limited time!**



Fresh Corn, Arriving Daily
from Local Farms

[Read more on our blog.](#)



Sweet Corn & Heirloom Tomato Gazpacho

 **PREP:**
10 mins

 **CHILL TIME:**
1 hr

 **SERVES:**
4-6

 **DIFFICULTY:**
Easy

[View Full Recipe Online](#)

Ingredients

- 2 ⅔ cups** fresh corn kernels
(from 3 ears of fresh corn)
- 1 ½ cups** chopped yellow bell pepper
- 2 cups** chopped yellow heirloom tomato
- 1 ⅓ cups** chopped English cucumber
- 2 Tbsp** Farm Boy™ Sherry Vinegar, or more to taste
- ¼ cup** Farm Boy™ Extra Virgin Olive Oil
- Farm Boy™ Pure Ontario Liquid Honey to taste, optional
- Salt and pepper to taste
- ½ cup** sliced grape or cherry tomatoes
- 1** small jalapeño chili pepper, thinly sliced crosswise
- ½ 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!

Sweet Summertime Gems

Local Yellow Plums Have Arrived!

Get closer to the farm with Ontario-grown yellow plums, **arriving fresh to our stores daily!** Sweet, juicy, and refreshing, they have a honeyed flavour with a hint of tartness. Less firm than purple plums, these hand-selected golden fruits are perfect for snacking or using in jams, chutneys, preserves, and baked desserts.



Try in:

Brown Sugar Glazed Stone Fruit with Mascarpone Cream



[View Recipe Online](#)

Mediterranean Almond and Plum Cake



[View Recipe Online](#)

Summer Fruit Coffee Cake



[View Recipe Online](#)

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](#)

