



Local. Fresh. Long Weekend Ready!

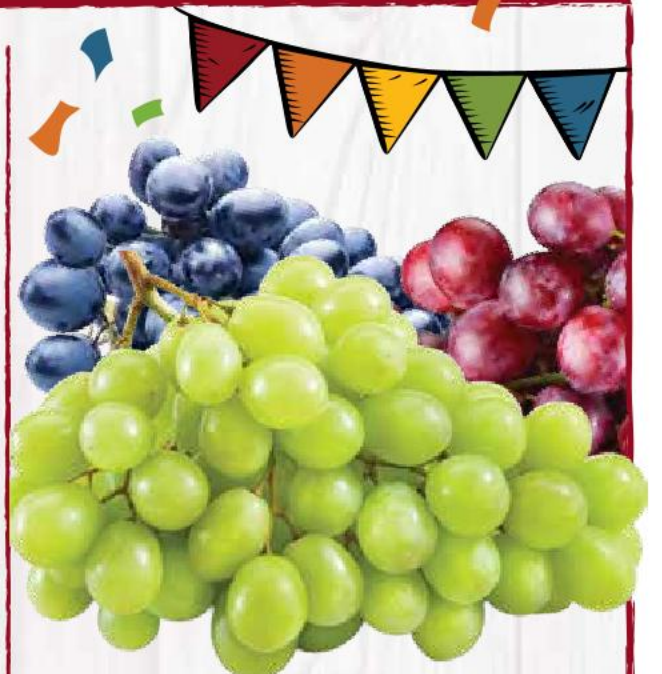
Check out great recipes and more at farmboy.ca

Canadian Grown
Romaine Hearts
product of Canada



Delivered
fresh daily to
our stores!

2⁹⁹
/pkg



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

3⁹⁹
/lb
8.80/kg

Fresh
Pork Back Ribs cryovac pkg,
product of Canada



Save \$4/lb

4⁹⁹
/lb
11.00/kg

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



Save \$1/lb

2⁹⁹
/lb
6.59/kg

Farm Boy™
Raw or Cooked Shrimp
23-30 shrimp per bag, frozen,
31-40 count, 340 g



Save \$2-\$4/pkg

6⁹⁹
/pkg

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



LOCAL

2⁹⁹
/100 g

Simply
Orange Juice all varieties, 1.36 L



Save \$2.30 ea

4⁹⁹
ea

Made from
real fruit
juice with no
added sugar.

Fresh & Flaky
Croissants all varieties, pkg of 4-6 regular
or 10-12 mini, 272-425 g



Baked fresh
in-store!

Save \$1-\$2/pkg

3⁹⁹
/pkg

Farm Boy™
Crinkle Cut Potato Chips
400 g



Save \$1.22 ea

4⁷⁷
ea

Farm Boy™
Ice Cream or Frozen Yogurt
all varieties, 1.5 L



Save \$1 ea

7⁴⁹
ea

Tropical Delight
Coconut Water 1 L

HOT DEAL!



2/7⁰⁰

Dempster's
Hamburger or Hot Dog Buns
pkg of 8, 376-400 g



Save \$1.20/pkg

3⁴⁹
/pkg

Armstrong
Cheese Bars all varieties, 400 g



Save \$2.52 ea

5⁷⁷
ea

Snack Factory
Pretzel Crisps select varieties, 200 g



Save \$1.50/pkg

4⁴⁹
/pkg

Excellent on
charcuterie
platters!

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.



All stores open
during the
Civic Holiday!
Monday,
August 3

FRESH SPECIALS IN EFFECT:
Thursday, July 30 to Wednesday, August 5, 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 holiday store hours. **Not all products are available at all stores.**

Scan here for our
full digital flyer
featuring more
fresh deals!



Meat & Seafood Market

Farm Boy™

Gourmet Beef Burgers

all varieties, 170 g per burger

- Mix and match your favourites at our service case.
- Made with 100% Canadian Beef.
- Handcrafted daily by us using our signature blend of spices and seasonings.

A FARM BOY
**FRESH
TWIST**



3.99
ea

Farm Boy™

Chicken Breast Kebabs

all varieties

Hand-stacked
using simple
ingredients.



Save \$1/lb

11.99
/lb
26.43/kg

Striploin Grilling Steaks

optimally aged,
product of Australia

HOT DEAL!

Cut and
trimmed by
our butchers.



17.99
/lb
39.66/kg

Lamb Spiedini

previously frozen, pkg of 6,
150 g



NEW!

Save \$1/pkg

8.99
/pkg

Hayter's Farm

Extra Lean Turkey Burgers

all varieties, pkg of 4,
product of Ontario, 450 g



Save \$1/pkg

6.99
/pkg

Farm Boy™

Wagyu Beef Frankfurters

375 g



Save \$2/pkg

7.99
/pkg

Leadbetter's

Naturally Smoked Bacon

product of Canada, 375 g



Save \$2/pkg

4.99
/pkg

Farm Boy™

Artisan Pork Sausages

\$6.99/lb (\$15.41/kg)-\$7.99/lb (\$17.61/kg)

- Crafted by our butchers.
- Sold fresh from our service case.
- Made with 100% Ontario pork.
- Available in: Sweet Italian, Jack & Jalapeño, Maple Chipotle, Hot Italian, Bratwurst Chorizo, Bacon Cheddar, Andouille, Curry, The Great Canadian, El Diablo, Sweet Chili Sriracha, Oktoberfest, and Parmesan Rapini Sausage.

A FARM BOY
**FRESH
TWIST**



Fresh, Boneless

Rainbow Trout Fillets

available at all stores except
Blue Heron Mall, product of Canada



Save \$2/lb

12.99
/lb
28.64/kg

Green Ocean

Basa Fillets

frozen, 907 g



Save \$2/pkg

6.99
/pkg

Chef's Market

A FARM BOY
**FRESH
TWIST**



TRY A SAMPLE THIS WEEKEND!

Farm Boy™

Eda-Yummy Spicy Kale Edamame Dip

275 g

Save \$1 ea

4.99
ea



Farm Boy™

Heat & Serve Appetizers

all varieties, \$5.00-\$11.99 ea,
200-575 g

Farm Boy™

Garden Fresh Pickles

Original or Spicy, \$6.99 ea, 680 mL



From field to store
in 48 hours!

6.99
ea

Farm Boy™

Personal Salad Bowls

Caesar, Garden, or Greek, 165-285 g



Save \$1 ea

5.99
ea

Farm Boy™

Homestyle Quiche

all varieties, 550-575 g



Save \$1 ea

8.99
ea

Farm Boy™

Shrimp Cocktail

260 g



Made fresh
by us!

select locations only

7.99
ea

Cheese & Deli

Grana Padano DOP

product of Italy



Ideal for grating,
shaving over
salads and pastas,
or snacking!

4.99
/100 g

Krinos Crumbled Feta

170 g



6.49
ea

Brandt Queso Kolbassa

250 g



Naturally
hardwood smoked!

Save \$.50 ea

6.49
ea

Schneiders

Oven Roasted Herbed Turkey Breast

150 g



HOT DEAL!

5.99
/pkg

Bake Shop

Handmade In-Store
Cruffies all varieties, 335 g



PKG
OF 6



Save \$.50/pkg

5.49
/pkg

Try bright & tangy Key Lime
only here for the summer!

From the Bake Shop
Croissant Buns

500 g



Save \$1/pkg

5.99
/pkg

The ultimate
breakfast bun!

Farm Boy™
Donuts
all varieties,
294-516 g



LOCAL

PKG
OF 9

Save \$1/pkg

7.99
/pkg

Baked Fresh In-Store
Strawberry Rhubarb Pie
8", 620 g



Save \$.50 ea

7.49
ea

From the Bake Shop
Multigrain Sourdough Batard
525 g



LOCAL

Save \$.50 ea

4.99
ea

Wide Sliced
Sandwich Loaves
all varieties, 500 g



LOCAL

Save \$.32 ea

3.67
ea

From the Bake Shop
Mini Strudel
all varieties,
380-400 g



LOCAL

Save \$.50/pkg

4.49
/pkg

La Rocca
Boston Cream Cake
8", 1.28 kg



LOCAL

Save \$2 ea

27.99
ea

Rustic
Italian Buns
540 g

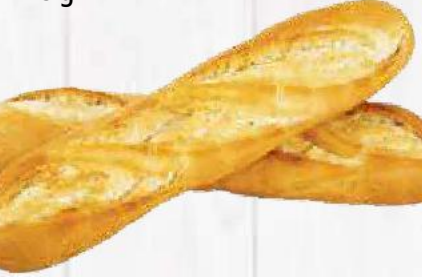


LOCAL

Save \$.50/pkg

4.49
/pkg

From the Bake Shop
Parisian Bread



Save \$.50 ea

4.49
ea

Grocery

Farm Boy™
Pickles all varieties, 500 mL-1 L



Organic

LOCAL

Save \$1.02 ea

6.97
ea

Farm Boy™
Mustards all varieties, 325-400 mL



Save \$.52 ea

2.47
ea

Farm Boy™
Relish all varieties, 250 mL



LOCAL

Save \$.52 ea

5.47
ea

Neal Brothers
BBQ Sauce
all varieties,
350 mL



LOCAL

Save \$.50 ea

5.49
ea

Fever-Tree
Premium Mixers
all varieties,
4x200 mL



Classic
cocktail
must-have!

Save \$1.50/pkg

6.49
/pkg

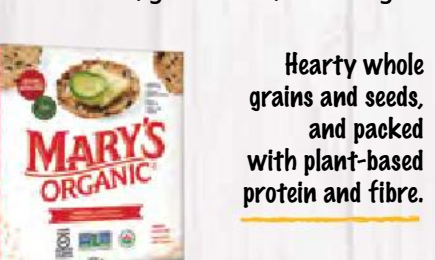
The Good Crisp
Potato Crisps all varieties, 160 g



Save \$.50 ea

4.49
ea

Mary's
Crackers
all varieties, gluten-free, 142-184 g



Organic

Hearty whole
grains and seeds,
and packed
with plant-based
protein and fibre.

Save \$1/pkg

6.99
/pkg

Les Caprices d'Antan
Dressings all varieties, 250 mL



Save \$1 ea

4.99
ea

Dairy & Frozen

Farm Boy™
Ice Cream Bars
all varieties, 4x118-125 mL



Save \$1/pkg

4.99
/pkg

Heluva Good
Chip Dips
all varieties, 250 g



Save \$1 ea

3.49
ea

VG Gourmet
Artisan Vegan Burgers
all varieties, frozen, 400 g



Vegan

Save \$1/pkg

8.99
/pkg

Gay Lea
Sour Cream
all varieties,
425-500 mL



Save \$.80-\$1 ea

3.99
ea

Activia
Probiotic Yogurt
all varieties, 8x100 g



Save \$1.50/pkg

5.99
/pkg

Neilson
Creams select varieties, 473 mL



Save \$.50-\$1.50 ea

3.49
ea

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



Save \$.60-\$1.80/pkg

5.99
/pkg

Gay Lea
Spreadable Butters
all varieties, 227 g



Save \$1 ea

5.49
ea

FRESH Canadian Produce Arriving Daily!

Ontario Tender Fruit

Canada No. 1 Grade, product of Canada

- Arriving fresh from local farms to our stores daily!
- Hand-selected for the best flavour, texture, and quality.



Kirby Cucumbers

Canada No. 1 Grade, product of Canada



Perfect for pickling!

125
/lb
2.76/kg

Tomatoes

Canada No. 1 Grade, product of Canada



250
/pkg

Kale or Green or Red Swiss Chard

product of Canada



175
/bunch

Celery

Canada No. 1 Grade product of Canada



195
/bunch

Locally Grown Hot Peppers

product of Canada

- Picked at peak ripeness and delivered fresh to stores daily!
- Try bold favourites like Anaheim, Hot Yellow Hungarian, Jalapeño, and Poblano peppers.
- Crisp, spicy, and versatile, they're perfect for grilling season.



195
/lb
4.30/kg

Fresh & Crisp Broccoli Bunches

product of Canada



2/500

Orange or Heirloom Baby Carrots

Canada No. 1 Grade, product of Canada



245
/lb
5.40/kg

Fresh & Fragrant Coriander

product of Canada



135
/bunch

Bunched French Breakfast or Multicolour Radishes

product of Canada



150
/bunch

Farm-Fresh Asian Greens

Baby or Shanghai Bok Choy, Junior Baby or Junior Shanghai Bok Choy, Gai Lan, Yu Choy, or Baby Napa Cabbage, product of Canada

- Delivered to stores daily for peak freshness and flavour!
- Wholesome, versatile vegetables perfect for salads, soups, and stir-fries.



Proudly grown in the Lake Simcoe region!

388
/pkg



Candy Grapes

No. 1 Grade, product of USA



399
/pkg

Organic Cantaloupe

No. 1 Grade, product of USA



499
ea

Zesty Lemons

product of South Africa/USA



.99
ea

Zesper Gold or Green Kiwis

Gold Kiwis: \$4.99/pkg, Green Kiwis: \$3.99/pkg, product of New Zealand



399-499
/pkg

FRESH Floral Arriving Daily!

Sunflower Bouquet



Save \$1 ea **19⁰⁰**
ea

Ontario Grown Fusion Orchids



Save \$10 ea **25⁰⁰**
ea

Alocasia Antoro Velvet

5" pot



Save \$5 ea **20⁰⁰**
ea

Rainbow Mini Gerbera

10 stems



Save \$1 ea **9⁰⁰**
ea

Dip Into the Long Weekend

Elevate your main courses with any of our made from scratch dips! Prepared with **high-quality ingredients** and classic recipes, they deliver craveable homestyle flavour with every bite. From fresh, vibrant salsa to garlicky toum, we think you'll love our handcrafted selection.

Farm Boy™

Fresh Hot or Mild Salsa

- Hot or Mild Salsa prepared in-house using our own signature recipe.
- Crafted with simple ingredients like fresh herbs, jalapeños, and tomatoes.
- Pairs perfectly with our fresh and mellow Farm Boy™ Panela Cheese—made in Canada!



Farm Boy™

Fresh Salsa

- Prepared fresh daily in the Farm Boy Kitchen using simple, real ingredients.
- Available in Pico de Gallo, Pineapple, and Roasted Corn & Black Bean varieties.
- Create effortless fish tacos with our Breaded Fish Fillets and locally made Farm Boy™ Corn Tortillas.



Farm Boy™

Tzatziki

- A rich blend of sour cream and fresh cucumbers, mint, and garlic.
- This Mediterranean-style condiment is free of artificial colours or flavours.
- Try it with our expertly trimmed, easy-to-cook Farm Boy™ Flattened Chicken.



Farm Boy™

Toum

- Made from scratch by us and available in Regular or Spicy varieties.
- Prepared fresh daily with just five to six simple ingredients.
- Add a bold, garlicky finish to our Farm Boy™ Marinated Chicken Thighs.

Discover customer-favourite dips that pair perfectly with our abundant assortment of chips. From bold and creamy flavours to those that taste just like homemade, these delicious picks offer **convenience and excellent value**. Ready for gatherings, game days, and on-the-go snacking, scoop them up at our Chef's Market!

Farm Boy™

Seven Layer Dip

- Handcrafted in our kitchen daily with a classic recipe.
- Stacked with house-made black bean dip, guacamole, and salsa.
- Ready for any gathering and excellent with locally crafted Farm Boy™ Tortilla Chips.



Farm Boy™

Fresh Guacamole

- Prepared by us with quality ingredients like hand-scooped avocados.
- Available in plain, salsa-topped, and spicy varieties.
- Enjoy with crunchy, double-baked Farm Boy™ Pita Chips.

Farm Boy™

Delightfully Delicious Dips

- Crafted in our kitchen and available in Buffalo, Dill Pickle, or Sour Cream & Onion.
- Featuring flavourful ingredients like caramelized onions, cayenne pepper, and dill pickles.
- Pairs perfectly Canadian-made Farm Boy™ Crinkle Cut Potato Chips.



Farm Boy™

Homestyle Hummus

- Made with a blend of plump chickpeas, tahini, lemon juice, and garlic.
- Prepared locally and free of artificial colours or flavours.
- Scoop this protein-loaded dip with our gluten-free Farm Boy™ Chickpea Chips.

Farm Boy™

Chili Lime Fire Roasted Shrimp

\$14.99/pkg, 340 g

- Smoky grilled shrimp tossed in a zesty chili-lime marinade.
- Fully cooked—**just thaw and enjoy** or heat and serve!
- Free of artificial flavours, colours, or preservatives.



CURATED PRODUCTS WE THINK YOU'LL LOVE



Farm Boy™

Fresh Tabouleh

\$5.99 ea, 325 g

- Locally crafted in small batches.
- Prepared fresh with flavourful parsley, tomatoes, and onions.
- A fresh, flavourful take on authentic Lebanese salad.



Farm Boy™

Marinated Boneless Beef Short Ribs

\$20.99/lb (\$46.27/kg)

- Prepared fresh by our butchers daily.
- Convenient, perfectly seasoned, high-quality boneless beef ribs.
- Thinly sliced for easy, efficient grilling and tender texture.

Farm Boy™

Traditional Tzatziki Dip

\$3.99 ea, 200 g

- Rich, creamy, and decadent with authentic Mediterranean flavours.
- An ideal accompaniment to our hand-stacked kebabs!
- Proudly prepared in Mississauga, ON.



Farm Boy™

Non-Alcoholic Sparkling Wines

\$4.99 ea, 750 mL

- Crafted with traditional wine recipes for crisp, well-balanced flavour.
- A celebratory sip to enjoy as-is or in mocktail recipes.
- Certified Kosher and free of preservatives.



Pistachio Crusted Salmon

 **PREP:**
15 mins

 **COOK TIME:**
15 mins

 **SERVES:**
4

 **DIFFICULTY:**
Easy

[View Full Recipe Online](#)

Ingredients

- 4 x 150 g salmon fillets
- Salt and pepper to taste
- 1 Tbsp Farm Boy™ Amber Maple Syrup or Pure Ontario Liquid Honey
- 3 Tbsp Farm Boy™ Herbs and Garlic Mayonnaise
- 1 tsp Farm Boy™ Dijon Mustard
- 2 Tbsp Farm Boy™ Extra Virgin Olive Oil
- ¼ cup finely chopped Farm Boy™ Salt and Pepper Pistachios
- ½ cup Farm Boy™ Panko Breadcrumbs
- ½ cup grated Parmigiano Reggiano
- 1 clove garlic, minced
- Grated peel from one lemon
- 2 Tbsp finely chopped parsley, plus a few leaves for garnish
- Lemon wedges for serving

Directions

- 1 Preheat oven to 375°F. Line a sheet pan with parchment paper.
- 2 Season salmon fillets with salt and pepper and place on sheet pan.
- 3 In a small bowl, combine Farm Boy™ Amber Maple Syrup, Farm Boy™ Herbs and Garlic Mayonnaise, Farm Boy™ Dijon Mustard, Farm Boy™ Extra Virgin Olive Oil, chopped Farm Boy™ Salt and Pepper Pistachios, Farm Boy™ Panko Breadcrumbs, Parmigiano Reggiano, minced garlic, lemon peel, and 2 Tbsp of parsley.
- 4 Spread this mixture onto salmon, pressing gently to make it adhere.
- 5 Bake for 12-15 minutes, or until internal temperature reaches 158°F. Let salmon rest for 5 minutes, then garnish with parsley leaves. Serve with lemon wedges.

Serve with a green salad and some roasted vegetables for a healthy dinner.



Make Summertime *Sweeter*

Local Peaches & Plums Have Arrived!

Get closer to the farm with Ontario-grown peaches and yellow plums, **arriving fresh to our stores daily!** Sweet, juicy, and refreshing, these sunset-hued fruits are perfect for snacking or using in jams, chutneys, preserves, salads, desserts, and so much more.



Try in:

Grilled Fruit Platter with Creamy Tri-Nut Dip

[View Recipe Online](#)

Peach, Ginger, and Almond Crumble

[View Recipe Online](#)

Mediterranean Almond and Plum 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](#)

