



So much fresh
to discover.



Rainbow
Sweet Bell Peppers
product of Canada

GROWN IN ONTARIO!



PKG
OF 4

LOCAL

3⁹⁹
/pkg



GROWN IN ONTARIO!

Sweet & Locally Grown
**Sugar Baby
Melons**
product of Canada

Crisp
& juicy!

3⁹⁹
ea

Top Sirloin Steak
optimally aged, product of
Australia

HOT DEAL!

Cut and
trimmed by
our butchers.



10⁹⁹
/lb
24.23/kg

Fresh
Pork Tenderloin family pack,
product of Canada

Excellent
value!



Save \$3/lb

4⁹⁹
/lb
11.00/kg

Fresh Atlantic
**Salmon
Steaks**
product of Canada



Save \$2/lb

9⁹⁹
/lb
22.02/kg

available at all stores except Blue Heron Mall

Sofina
Oven Roasted Turkey Breast
all varieties, sliced fresh at our Deli Counter

LOCAL



Save \$.50/100 g

2⁹⁹
/100 g

Liberté
**Greek or Méditerranée
Yogurt** all varieties, 4x100 g or 500 g



Save \$1.55
/pkg or ea

4⁴⁴
/pkg
or ea

Farm Boy™
8" Apple Pie
620 g



Save \$1 ea

6⁹⁹
ea

Farm Boy™
Popcorn
all varieties,
125 g



Save \$.61 ea

2⁸⁸
ea

Farm Boy™
Fruit Pops all varieties, 4x70 mL



Save \$1/pkg

6⁹⁹
/pkg

Farm Boy™
Non-GMO Beans
all varieties, 398 mL



Save \$.49 ea

2/5⁰⁰

Flow
**Sparkling Mineral
Spring Water**
all varieties, 6x355 mL

HOT DEAL!



6⁹⁹
/pkg

Silk
**Plant-Based
Beverages**
all varieties, 1.89 L



Save \$1.80 ea

3⁹⁹
ea

Villaggio
Bread or Buns
pkg of 6 or 8, 550-675 g



Save \$1.50/pkg

3²⁹
/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., August 6 to Wed., August 12, 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 are 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

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



Hand-stacked
by our butchers!

Save \$2/lb
12⁹⁹ /lb
28.64/kg

Fresh
Split Chicken Breast
skin on, bone in, product of Canada



Save \$1/lb
4⁹⁹ /lb
11.00/kg

Made by Us
**Lean
Ground Beef
Patties**
product
of Canada



Save \$1/lb
8⁹⁹ /lb
19.82/kg

Farm Boy™
Organic Hummus

- Made with organic chickpeas and tahini!
- Enjoy the light and airy texture as a dip or spread.
- Available in Beet, Original, or Tunisian-Style. all varieties, 210 g



Save \$1 ea
3⁹⁹ ea

Hayter's Farm
Extra Lean
Ground Turkey
product of Ontario, 450 g



Save \$1/pkg
6⁹⁹ /pkg

Lesters
**Jumbo or
Original Hot Dogs**
450 g



Save \$1-\$2/pkg
4⁹⁹ /pkg

Farm Boy™
**Cooked
Shrimp**

frozen,
16-19 shrimp
per bag,
21-25/lb count,
340 g



Save \$4/pkg
9⁹⁹ /pkg

Farm Boy™
Naan or Naan Bites
200-500 g



Save \$.72/pkg
3²⁷ /pkg

Farm Boy™
**Chip
Stacks**
all varieties, 147 g



Save \$.49/pkg
2/6⁰⁰

Farm Boy™
**Sauerkraut
or Pickled Salads** 796 mL



**Bold,
tangy
flavour!**

Save \$.72 ea
4²⁷ ea

Farm Boy™
**Chilled
Dressings**
select varieties,
350-430 mL



Save \$1.22 ea
4⁷⁷ ea

Farm Boy™
**Crispy Fried
Onions** 175 g



Vegan

Save \$.52 ea
4⁴⁷ ea

St. Dalfour
**Fruit
Spreads**
all varieties,
225 mL



Save \$1.50 ea
5⁹⁹ ea

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

Prepared in
Canada with
all-natural flavours.



Save \$.52 ea
2⁹⁷ ea

Armstrong
Melts
pkg of 24,
450 g



Save \$1/pkg
5⁴⁹ /pkg

FRESH CANADIAN Produce Arriving Daily!

Green or Red
Boston Lettuce
product of Canada



1³⁵ ea

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



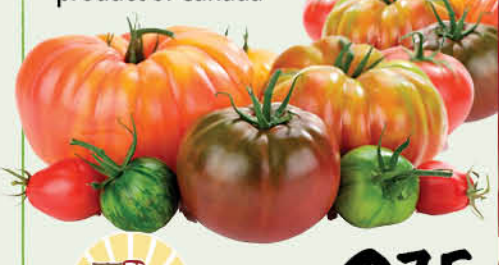
1⁹⁹ /pkg

Seedless Cucumbers
Canada No. 1 Grade,
product of Canada



1²⁵ ea

Heirloom Tomatoes
Canada No. 1 Grade,
product of Canada



2⁷⁵ /lb
6.06/kg

**Bunched Radishes
or Green Onions**
product of Canada



.99 /bunch

**Bunched Spinach or
Top Carrots**
Canada No. 1 Grade,
product of Canada



1⁹⁹ /bunch

Celery
Canada No. 1 Grade,
product of Canada



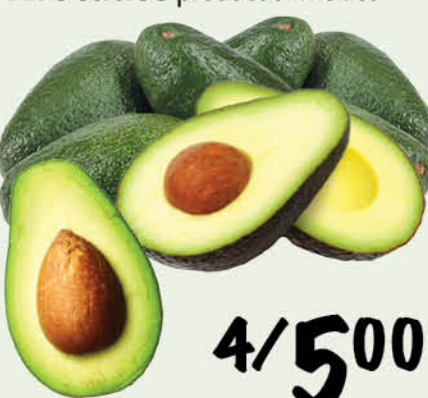
1⁹⁵ /bunch

**Green or Red
Cabbage**
Canada No. 1 Grade,
product of Canada



.69 /lb
1.52/kg

Large
Avocados
product of Mexico



4/5⁰⁰

Red Papaya
product of Mexico



1²⁹ /lb
2.84/kg

Clementines
product of Argentina/South Africa



2⁴⁹ /lb
5.49/kg

Pomegranate Arils
product of Peru, 113 g



4⁴⁴ ea

Fresh from Farm Boy

Farm Boy™ Baba Ganoush Dip

- Crafted locally with simple ingredients.
- Made with roasted eggplant, this Middle Eastern-style dip has a rich, smoky taste.
- Try scooping it up with pita or chips, or topped with spiced ground meat and pomegranate arils.

210 g



Save \$1 ea

3.99 ea

Farm Boy™ Pickled Onions

- Our own special recipe!
- Made by us using fresh, flavourful ingredients.
- A tangy partner for burgers, hot dogs, tacos, and more.

available for a limited time!

\$3.99 ea, 420 mL



Cheese & Deli

Farm Boy™ Goat's Milk Cheese 113 g



Save \$1 ea

4.99 ea

Piller's Sliced Deli Meats

all varieties, 125-175 g



Save \$.50/pkg

4.99 /pkg

Doric Macedonian-Style Feta Cheese 700 g



Save \$2 ea

13.99 ea

Farm Boy™ Halloumi

all varieties, 200 g



Save \$1 ea

6.99 ea

Farm Boy™ European Deli Style Salami

\$6.99/pkg, all varieties, 125 g



BUY ONE, GET ONE
50% OFF

Brandt's Queso Kolbassa

250 g



Save \$.50 ea

6.49 ea

Bake Shop

Farm Boy™ Donuts

all varieties, pkg of 9, 294-516 g



Save \$1/pkg

7.99 /pkg

From the Bake Shop New York-Style Bagels

pkg of 6, 648-768 g



Save \$.50/pkg

4.49 /pkg

From the Bake Shop Mini Strudels

all varieties, 380-400 g



Save \$.50/pkg

4.49 /pkg

Fresh Baked Mini Homestyle Cookies

select varieties, pkg of 24, 350 g



Save \$.50/pkg

6.49 /pkg

Farm Boy™ Taralli

all varieties, 250 g



Save \$.50/pkg

5.49 /pkg

From the Bake Shop Sourdough Mini Boule

240 g



Save \$.32 ea

2.67 ea

Field Flower Bouquet

Locally grown
in Ontario!



Save \$1 ea

9.00 ea

Dahlia Bunches

5 stems



Beautiful
bold blooms!

Save \$1 ea

9.00 ea

Grocery

Farm Boy™ 100% Fruit Juices

- Crafted from 100% pure fruit juice—not from concentrate.
- Free of added flavours, sugars, or preservatives.
- Available in Blueberry, Pomegranate, Raspberry, or Sour Cherry.

1 L



Save \$.52 ea

5.47 ea

Comeback Snacks Caramel Popcorn

all varieties, 200-225 g



Save \$2 ea

4.99 ea

Frankie's Organic Puffs

all varieties, 120-140 g



Save \$.49 ea

2/6.00

Barbara's Puffins

all varieties, 283 g



Save \$1.50 ea

5.49 ea

Kind Breakfast or Granola Bars

all varieties, 175-200 g



Save \$1-\$1.50/pkg

4.99 /pkg

Farm Boy™ Fermented Garlic Flowers

190 mL



No more
peeling, chopping,
or pressing.

Save \$1 ea

4.99 ea

Mutti Basil Passata

680 mL



Save \$.50 ea

5.99 ea

Montellier Sparkling Water

all varieties, 1 L



100% Canadian
natural spring
water.

Save \$.50 ea

1.49 ea

Farm Boy™ PB&J Dip-Stix

- Peanut-butter filled crispy wafer sticks with all-natural jam for dipping!
- No artificial colours or preservatives.
- Available in Raspberry or Strawberry.

4x60 g



Save \$.52/pkg

4.47 /pkg

Dairy & Frozen

Farm Boy™ Vegan Cheese Alternatives

- Enjoy your favourite cheesy recipes without the dairy!
- Amazingly similar in texture and flavour to the cheeses you love, but are made with plant-based ingredients.
- Certified Halal, Kosher, and Vegan.

200 g



Save \$1 ea

5.99 ea

Farm Boy™ Plant-Based Butter

227 g

Vegan



Save \$1 ea

4.99 ea

Neilson Lactose Free Milk

1 L

Easy
to digest!



Save \$.70 ea

3.99 ea

Silk Whipping Cream Alternative

473 mL

Vegan



Save \$.60 ea

5.99 ea

Gay Lea Coconut Whipped Topping

225 g

Vegan



Save \$1 ea

4.49 ea

Greenhouse Cold-Pressed Juices

all varieties, 300 mL



Organic

Save \$1.22 ea

5.77 ea

Greenhouse Carrot Juice

900 mL



Save \$1 ea

6.99 ea

Greenhouse Plant-Based Beverages

all varieties, 946 mL



Simple, clean
ingredients!

Save \$1 ea



Organic

5.99 ea

Greenhouse Boosters

all varieties, 4x60 mL



Save \$1/pkg

13.99 /pkg

Taste of Spain

Savour a taste of Spain with a delicious variety of products that bring European-inspired flair to your table. From authentic sauces to traditionally crafted deli meats, we think you'll love our expertly curated selection. Discover your next favourite Farm Boy product on our shelves today!



Farm Boy™ Spanish Sauces

\$5.99-\$6.49 ea, 185-290 g

- Crafted with simple, high-quality ingredients.
- Flavour-packed sauces—perfect for meats, fish, stews, and more!
- Non-GMO and gluten-free.



Farm Boy™ Banderillas

\$5.99 ea, 375 mL

- Crunchy pickled veggie skewers marinated in a spiced vinegar brine.
- Excellent for charcuterie platters, cocktails, and more.
- Prepared in Spain.



Farm Boy™ Serrano Ham

\$9.99/pkg, 125 g

- Naturally cured for a minimum of 16 months for a savoury, full-bodied flavour.
- Try it on your next charcuterie board, sandwich, or homemade pizza!
- Product of Spain.



Farm Boy™ Sardines

\$7.99 ea, 115 g

- Traditionally prepared to lock in natural freshness and flavour.
- Enjoy straight from the tin or warmed up.
- Perfect on toast or as part of a gourmet tapas spread!

Tapas party-ready favourites!



Farm Boy™ Tapas Trio

\$7.99/pkg, 90 g



Farm Boy™ Hot Spanish Chorizo

\$10.99 ea, 240 g



Farm Boy™ Fuet Bites

\$9.99/pkg, 150 g



Farm Boy™ Chorizo Bites

\$9.99/pkg, 150 g



Farm Boy™ Marinated Chilean Mussels

\$7.99 ea, 111 g



Farm Boy™ Mackerel Fillets in Oil

\$7.99 ea, 115 g



Farm Boy™ Marinated Green Olives

\$3.99 ea, 370 mL



Farm Boy™ Anchovy Stuffed Green Olives

\$3.99 ea, 370 mL

FARM BOY PICKS

Here for a limited time, discover a curated selection of products that we think you'll love!
Hand-selected by us for the best quality for you to enjoy at excellent value.

Beemster Royaal Grand Cru

- Firm cow's milk cheese handmade using centuries of Dutch cheese-making tradition.
- Robust, nutty flavour with smooth, slightly crumbly texture and a mildly sweet finish.
- Winner of the 2026 World Championship Cheese Contest!



Here for a limited time

Try it with...

Farm Boy™
**European
Deli-Style Salami**
Buy One, Get One 50% Off!
\$6.99/pkg, 125 g

Farm Boy™
**Artisan
Crackers**
\$5.99/pkg, 150 g

Farm Boy™
**Port & Pecan
Compote**
\$6.99 ea, 150 g



Sweet Juicy Gems

Discover Local Peaches & Nectarines

There's so much fresh to discover this summer at Farm Boy, with Ontario-grown peaches and nectarines **arriving to our stores daily**. Sweet and juicy with aromatic, honeyed flavours, these gorgeous fruits are ideal for snacking or using in salads, jams, desserts, sorbets, and so much more.



Try in:

Nectarine, Prosciutto, and Burrata Salad

[View Recipe Online](#)

Pineapple Peach Protein Smoothie

[View Recipe Online](#)

Peach, Ginger, and Almond Crumble

[View Recipe Online](#)

Pan Con Tomate



PREP:
10 mins



COOK TIME:
5 mins



SERVES:
6-8



DIFFICULTY:
Easy

[View Full Recipe Online](#)

Ingredients

- 1** Farm Boy™ Baguette, sliced diagonally into ½" slices
- 1** clove garlic, halved
- ½ cup** Farm Boy™ Spanish Extra Virgin Olive Oil, divided
- 2** large, ripe vine or heirloom tomatoes, halved
- Farm Boy™ Fleur de Sel and black pepper to taste
- 1 pack** Farm Boy™ Serrano Ham

Directions

- 1** Brush bread with 2 Tbsp Farm Boy™ Spanish Extra Virgin Olive Oil and broil or grill until golden brown. Rub bread with halved garlic clove while it's still hot.
- 2** Using a box grater, grate tomatoes, discarding skin (you should have about 2 cups purée).
- 3** In a medium bowl, combine grated tomatoes with 6 Tbsp Farm Boy™ Spanish Extra Virgin Olive Oil, Farm Boy™ Fleur de Sel, and black pepper to taste.
- 4** Top grilled bread with tomato mixture and garnish with Farm Boy™ Serrano Ham.
- 5** Drizzle with a bit more Farm Boy™ Spanish Extra Virgin Olive Oil and serve immediately with Manchego cheese and Farm Boy™ Marinated Green Olives on the side.

Try with anchovies,
sardines, or fresh herbs!



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.



Curated Summer Favourites



There's so much fresh to discover this summer at Farm Boy! On your next trip to one of our fresh-markets, explore handpicked items that are perfect for picnics, beach trips, backyard BBQs, and more. Put a fresh twist on your seasonal gatherings and get-togethers with our curated selection of products we think you'll love.

Farm Boy™

Artisan Sausages

- Handmade by our butchers in small batches with high-quality ingredients.
- Prepared using our own exclusive recipes.
- Available in 18 delicious, globally-inspired flavours.



Try it chilled or warmed!



Handcrafted with care.

Farm Boy™

Summer Soups

- Made fresh by our chefs daily with simple ingredients.
- Crafted in our kitchen with our own exclusive recipes.
- Only available for the summer season!

Farm Boy™

Oat-Rageous Frozen Dessert

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



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

[Learn More](#)

