



The Last Taste of Summer!



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

Lowest price of the year!

5⁹⁹
/basket

Seedless
Watermelon
product of Canada



4⁹⁹
ea

**1.5L
BASKET**

10-12 LB AVERAGE



Lowest price of the year!
Save \$1.11-\$2.11/lb



Lowest price of the year!
Save \$1.11/lb

Farm Boy™
**Flattened
Chicken** all varieties,
made by us, ready for
the grill or oven

5⁸⁸
/lb
12.96/kg



Marinated
**Raw Shrimp
Skewers**
previously frozen,
all varieties, 60 g

Lowest price of the year!
Save \$.61/skewer

1⁸⁸
/skewer



Lowest price of the year!
Save \$1.50 ea

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

6⁹⁹
ea



TRY A SAMPLE THIS WEEKEND!

Save \$1 ea

Farm Boy™
Tzatziki
280 g

3⁹⁹
ea



Farm Boy™
**Iced Tea,
Half & Half,
or Lemonade**
all varieties, 1.54 L

Save \$.50 ea

4⁹⁹
ea



Hardbite
**Kettle Cooked
Potato Chips**
select varieties,
128 g

HOT DEAL!

2⁹⁹
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.



Visit farmboy.ca
for Labour Day
Holiday hours.
Monday,
September 7

FRESH SPECIALS IN EFFECT:
Thursday, September 3 to Wednesday, September 9, 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™

Chicken Breast Kebabs

made by us, all varieties

- Excellent value and great taste, with the prep already done for you.
- Hand-stacked by us daily!
- Prepared with 100% Canadian chicken breast and crisp veggies with tasty marinades.



Save \$1/lb

11.99
/lb
26.43/kg

Cut from Canada AAA Beef

Striploin Grilling Steaks

aged a minimum of 14 days



Save \$6/lb

20.99
/lb
46.28/kg

Fresh

Pork Back Ribs

cryovac pkg, product of Canada



Save \$3/lb

5.99
/lb
13.21/kg

Canada Grade A

Fresh Whole Chicken

product of Canada



Save \$1.50/lb

3.49
/lb
7.69/kg

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™ Chef-Prepped

Herb & Garlic Porchetta

product of Ontario

- Made by us using a traditional recipe and simple seasonings.
- Crafted with high-quality, skin-on Ontario pork belly.
- A deliciously satisfying value for the smoker or grill.



Save \$1/lb

6.99
/lb
15.41/kg

Farm Boy™

Peameal Style Sliced Bacon

product of Canada, 500 g



6.99
/pkg

Schneiders

Juicy Jumbos

product of Canada, 450 g



HOT DEAL!

4.99
/pkg

Farm Boy™

Shrimp Appetizer Party Pack

510 g



Excellent value for easy, delicious entertaining.

Lowest price of the year!

Save \$4/pkg

9.99
/pkg

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

Chef's Market

Cheese & Deli Shop

Farm Boy™

Pasta Salads

Buffalo Chicken, Cowboy, Green Goddess, or Italian, 500-520 g



Lowest price of the year!
Save \$1.11 ea

6.88
ea

Farm Boy™

Garden Fresh Pickles

Original or Spicy, 680 mL



Last call of the season!

6.99
ea

Farm Boy™

Maple BBQ Pork Back Ribs

800 g



Save \$2/pkg

14.99
/pkg

Farm Boy™

Snackers

all varieties, 320-490 g



Ready for picnics, BBQs, and more!

9.99
ea

Canadian Feta

cut fresh at our Cheese Counter



33% OFF

Save \$1/100 g

1.99
/100 g

Light Swiss-Style Cheese

product of Canada



25% OFF

Save \$1/100 g

2.99
/100 g

Farm Boy™

Homestyle Quiche

Ham & Asparagus, Quiche Lorraine, or Spinach, 550-575 g



Save \$1 ea

8.99
ea

Farm Boy™

Take & Bake Pizza

Pepperoni, Spicy Soppresata, or Vegetarian, 435-490 g



Save \$2 ea

11.99
ea

Brandt

Dry Cured Salami

all varieties, sliced fresh at our Deli Counter



Save \$.50/100 g

3.49
/100 g

Piller's

Sliced Deli Meats

all varieties, 125-175 g



Save \$.50/pkg

4.99
/pkg



Bake Shop

From the Bake Shop

Dessert Squares Butter Bar,
Dutch Brownie, Macaroon Madness, 180 g



Lowest price of the year!
Save \$1/pkg

5⁹⁹
/pkg

From the Bake Shop

Gourmet BBQ Buns
all varieties, 480-570 g



Lowest price of the year!
Save \$2/pkg

3⁹⁹
/pkg

Farm Boy™

Crispy Cookies all varieties,
320 g



Save \$1/pkg

5⁹⁹
/pkg

Farm Boy™

Butter Tarts all varieties,
408-510 g



Save \$.50/pkg

7⁴⁹
/pkg

From the Bake Shop

Calabrese Breads
all varieties, 600 g



Save \$.50 ea

4⁴⁹
ea

From the Bake Shop

Baguette 275 g



Save \$.30 ea

2⁹⁹
ea

Farm Boy™

Fresh Baked Muffins
all varieties, 460-510 g



Save \$.50/pkg

6⁴⁹
/pkg

La Rocca

**Brownie Chocolate
Cheesecake** 6", 600 g



Save \$2 ea

17⁹⁹
ea

Made In-Store

Pita Chips
all varieties



1⁷⁹
/100 g

From the Bake Shop

Three Cheese Bread
400 g



Save \$1 ea

4⁹⁹
ea

Grocery

Farm Boy™

**Ice Cream Cones
or Waffle Bowls**
all varieties, 72-168 g



Save \$.52/pkg

3⁴⁷
/pkg

Farm Boy™

**Double Baked
Pita Crackers**
all varieties,
170 g



Save \$.52/pkg

3⁴⁷
/pkg

Farm Boy™

**Flavoured Sparkling
Water** all varieties, 12x355 mL



Save \$1/pkg

6⁹⁹
/pkg

Farm Boy™

Gourmet BBQ Sauces
made by us, all varieties, 330 mL



Save \$1.22 ea

4⁷⁷
ea

Farm Boy™

Ketchup includes Regular or
Organic, 500-750 mL



Save \$1 ea

3⁹⁹
ea

Farm Boy™

Organic Pickles all varieties,
500 mL - 1 L



Save \$1.02 ea

6⁹⁷
ea

Dempster's

Medium Tortillas
all varieties,
pkg of 8-10



Save \$1.44/pkg

3²⁵
/pkg

Fever-Tree

Premium Mixers
all varieties, 8x150 mL



Save \$2/pkg

8⁹⁹
/pkg

Dairy & Frozen

Farm Boy™

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



Save \$.52-\$1.72 ea

3⁷⁷
ea

Farm Boy™

**Chilled
Dressings**
select varieties,
350-430 mL



Save \$1.22 ea

4⁷⁷
ea

Farm Boy™

Ice Cream Bars
all varieties, 4x118-125 mL



Save \$1/pkg

4⁹⁹
/pkg

Heluva Good

Chip Dips
all varieties, 250 g



Save \$1 ea

3⁴⁹
ea

Armstrong

Melts
pkg of 24,
450 g



Save \$1/pkg

5⁴⁹
/pkg

Green Valley

Free Range Eggs
or Burnbrae Farms
Solar Free Range Eggs
Canada Grade A, 1 dozen



Save \$1.22-\$1.72/pkg

6⁷⁷
/pkg

Neilson

Creams select varieties, 473 mL



Save \$.50-\$1.50 ea

3⁴⁹
ea

Gay Lea

Whipped Cream
all varieties, 225 g



Save \$1 ea

4⁴⁹
ea

FRESH picked value straight from Canadian farms!

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.



Naked Leaf
Living Lettuce
product of Canada



2.99
/pkg

Green Beans
product of Canada



2.49
/lb
5.49/kg

Rainbow Peppers
product of Canada



3.99
/pkg

Top Carrots
Canada No. 1 Grade, product of Canada



1.75
/bunch

Locally Grown Seedless Cucumbers

Canada No. 1 Grade, product of Canada



2/3.00

Whole
Brown or White Mushrooms
product of Canada, 227 g



2/5.00

Red, White, or Yellow
Potatoes Canada No. 1 Grade, product of Canada



1.29
/lb
2.84/kg

Locally Grown
Tomatoes Canada No. 1 Grade, product of Canada



2/5.00

Bunched Spinach
product of Canada



3/5.00

Celery Canada No. 1 Grade, product of Canada



1.95
/bunch

Farm Boy™
Microgreens
all varieties, product of Canada, 65 g



- Locally grown in Vankleek Hill, ON.
- Available in a variety of fresh blends like Broccoli, Crunchy Mix, Mild Mix, Mustard, Pea, and Sunflower.

3.99
/pkg

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



3.99-4.99
/pkg

Avocados product of Mexico



5.00
/bag

Sweetest Batch
Blueberries
No. 1 Grade, product of Peru, 312 g



6.99
/pkg

Bartlett Pears
Canada Extra Fancy Grade, product of Canada



5.99
/basket

FRESH Floral Arriving Daily!

Echeveria in Concrete Pot pkg of 3!



Save \$2/pkg 10.00
/pkg

Premium Tropical Foliage
5" pot



Save \$2 ea 14.00
ea

Sunflower Market Bunches
5 stems



Save \$2/bunch 8.00
/bunch

Medium Bouquets



Save \$1 ea 14.00
ea



COMPLETE THANKSGIVING DINNER

SERVES 6-8 PEOPLE



Includes
A Treat
from our
Chefs!



DON'T FORGET TO ADD OUR
CARAMEL APPLE CHEESECAKE

Turkey or Ham *You Choose!*

Enjoy a roasted turkey with cranberry ginger sauce and turkey gravy, or choose a ham with maple mustard glaze and honey mustard cream sauce.

Includes four delicious sides:

chive mashed potatoes, cranberry apple sausage stuffing, sliced Brussels sprouts, and roasted baby carrots to complete your meal!

2 Hour
Cooking
Time Required



Early Bird
Pricing!

Order September 2-6

\$179⁹⁹

available with dessert for \$199.98

While quantities last!

ALL PICTURES SHOWN ARE FOR ILLUSTRATION PURPOSES ONLY.

Orders starting September 7

\$199⁹⁹

available with dessert for \$219.98

LAST DAY TO ORDER:

October 4

PICK-UP DATES:

October 10 & 11

Order in-store or online at farmboy.ca/specialty-dinners/



THANKSGIVING

DINNER FOR TWO

This Thanksgiving, enjoy restaurant quality dining at home with this incredibly priced 4-course meal designed by the Farm Boy Chefs.

Simply pre-order online or in-store for pickup, follow the heating instructions, and enjoy!

MENU

Sweet Parsnip Soup
with Spiced Pumpkin Seeds

Mandarin Goat Cheese Salad
with Balsamic Dressing

Roast Turkey Breast with Stuffing,
Mashed Potatoes, Whole Roasted
Baby Carrots & Sliced Brussels Sprouts

Cranberry Sauce & Turkey Gravy

Pumpkin Spice Sticky Toffee Pudding
with a No Churn Cinnamon Ice Cream

ORDERS CLOSE:
Sunday, October 4

PICK-UP DATE:
Saturday, October 10

50 MINUTES
REHEATING



Order in-store or online at farmboy.ca/specialty-dinners/. While quantities last!



FLAVOURS OF THE CARIBBEAN

Take your taste buds on a Caribbean getaway! Our Chefs have prepared delicious dishes inspired by the bold flavours of the islands, made from scratch daily with fresh ingredients and our own recipes.

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



Curry Channa & Aloo

Creamy, spice-loaded chickpea and potato curry.



Jerk Chicken Drumsticks

Juicy Canadian chicken seasoned in our bold, spicy house-made jerk marinade!



Jerk Vegetable Curry

Hearty, mild curry with delicious roasted veggies and wholesome black beans.

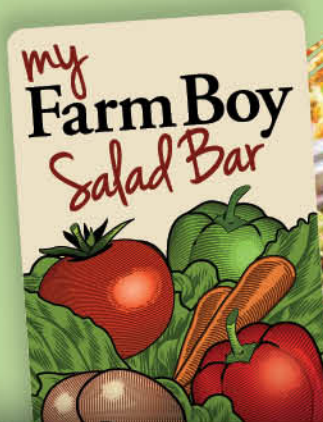


Rice & Beans

Our fresh twist on a flavourful rice dish, loaded with beans and warm spices.

Collect points on every meal!

Earn while you eat with the My Farm Boy™ Salad Bar Rewards Program. Ask for a card at checkout and start earning points today. Click [here](#) for more details.



Summertime *Sweetness*

Locally Grown & Freshly Picked!

Get closer to the farm this summer with Ontario-grown peaches, nectarines, blue grapes, and blue plums **arriving fresh to our stores daily**. Sweet, crisp, and juicy, these seasonal fruits are delicious all on their own or used in salads, desserts, sorbets, drinks, and more.



Try in:

Easy Peach Strudel



[View Recipe Online](#)

**Summer Fruit
Coffee Cake**

**Nectarine, Prosciutto,
and Burrata Salad**



[View Recipe Online](#)



[View Recipe Online](#)

Heirloom Tomato, Beet, & Cantaloupe Salad

 **PREP:**
15 mins

 **SERVES:**
8

 **DIFFICULTY:**
Easy

[View Full Recipe Online](#)

Ingredients

Dressing:

2 Tbsp Farm Boy™ Prosecco Wine Vinegar

¼ cup Farm Boy™ Extra Virgin Olive Oil

1 Tbsp Farm Boy™ Pure Ontario Liquid Honey, optional

Zest of half a lemon

½ tsp salt

¼ tsp black pepper

Heirloom Tomato, Beet, & Cantaloupe Salad:

4 cups assorted heirloom tomatoes, cut into thin rounds

½ small cantaloupe, peeled, seeded, and cut into thin wedges

2 medium cooked beets, cut into thin wedges

2 packs Farm Boy™ Buffalo Mozzarella Cheese, drained

¼ cup torn basil leaves

Farm Boy™ Fleur de Sel and black pepper to taste

Directions

For the Dressing:

- 1** In a small glass jar with a lid, place Farm Boy™ Prosecco Wine Vinegar, Farm Boy™ Extra Virgin Olive Oil, Farm Boy™ Pure Ontario Liquid Honey, lemon zest, salt, and pepper. Cover and shake until dressing is emulsified. Reserve.

For the Salad:

- 1** On a large platter, arrange tomatoes, cantaloupe wedges, and beets. Nestle Farm Boy™ Buffalo Mozzarella Cheese balls in the centre and sprinkle basil leaves over salad.
- 2** Drizzle dressing over salad and finish with a sprinkle of Farm Boy™ Fleur de Sel and black pepper.

If preferred, swap the cantaloupe for watermelon, peaches, honeydew, or berries.



The Last Taste of Summer



It's not over yet! Celebrate the final days of the season with Farm Boy, where value means bringing you the **highest quality products**. Visit your local fresh-market to discover our exclusive, limited-time offerings and summer favourites.

Farm Boy™ + Covered Bridge

Long Weekend Chip Mix

\$5.99 ea, 284 g

- "A Farm Boy Fresh Twist" featuring four zesty flavours.
- Crafted from New Brunswick-grown dark russet potatoes.
- Proudly prepared in Canada in partnership with Covered Bridge.

A FARM BOY
**FRESH
TWIST**



LAST CHANCE!



Farm Boy™

Gourmet Burgers

\$3.99 ea, 180 g

- Mix and match your favourites at our service case.
- Made with 100% Canadian ground beef, turkey, or chicken.
- Handcrafted daily using our signature blend of spices and seasonings.

A FARM BOY
**FRESH
TWIST**



Farm Boy™

Half & Half

\$4.99 ea, 1.54 L **Save \$.50 ea**

- A delightful blend of our brewed tea and zesty lemonade!
- Crafted in small batches to deliver a refreshing taste of summer!
- Enjoy this twist on a classic before it's gone!

Long Weekend Favourites!



Farm Boy™
Gourmet Mustard

\$5.99 ea, 225 mL



Farm Boy™
Garden Fresh Gazpacho

\$8.99 ea, 946 mL



Save \$1.50 ea
Farm Boy™
Ice Cream or Frozen Yogurt

\$6.99 ea, 1.5 L



Farm Boy™
Ice Cream Cookie Sandwiches

\$5.99/pkg, 4x130 g



Farm Boy™
Caprese Salad

\$4.99 ea, 240 g



Farm Boy™
Pickled Onions

\$3.99 ea, 420 mL



Farm Boy™
Raspberry Hibiscus Paleta

\$7.99 ea, 4x70 mL



Made In-Store Key Lime Cruffies

\$5.99/pkg, 335 g



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](#)

