



THANKSGIVING DINNERS

Enjoy a festive feast with
our chef-prepared dinners for 2 or 6-8!

Scan here to order by:
Sunday, October 4



While quantities last.

Crisp & Delicious

SweetTango Apples

Canada Fancy Grade, product of Canada



HOT DEAL!

1.99
/lb
4.39/kg

HOT DEAL!



Farm Boy™

Raw Shrimp

23-30 shrimp per bag,
frozen, 31-40 count
per lb, 340 g



Save \$4/pkg

4.99
/pkg

Excellent Value Delivered Fresh Daily!

Rainbow
Sweet Bell Peppers
product of Canada



PKG
OF 4



Only

3.99
/pkg

Fresh
Pork Back Ribs
cryovac pkg,
product of Ontario

HOT DEAL!



BBQ
ready!

Save \$4/lb

4.99
/lb
11.00/kg

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



Great for
grilling!



Save \$1/lb

4.99
/lb
11.00/kg

Farm Boy™
**Farmhouse
Loaf**
sliced or unsliced,
700 g



Everyday low price!

3.99
ea

Activia
Probiotic Yogurt
all varieties, 8x100 g



Save \$2/pkg

5.49
/pkg

Farm Boy™
Cream Cheese 250 g



Save \$1 ea

3.99
ea

Dempster's
Grain Breads all varieties, 600 g



Save \$1.20-\$1.50 ea

3.49
ea

Burnbrae Farms
**Nature's Best Eggs
or Naturegg Simply
Egg Whites** Canada Grade A,
1 dozen or 500 g



Save \$1.11-\$1.31
ea or /pkg

4.88
ea
or /pkg

Simply
Orange Juice all varieties, 1.36 L



Save \$1.52 ea

5.77
ea

Farm Boy™
Double Baked Pita Crackers
all varieties, 170 g



Save \$1.02 ea

2.97
ea

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

Organic



Save \$1 ea

1.99
ea

Tropical Delight
**Coconut
Water**
330 mL

Case of 12
\$14.99
Save \$10



3/5.00

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., September 24 to Wed., September 30, 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™ Chicken Breast Kebabs

all varieties
Hand-stacked
by us using
simple ingredients.



11⁹⁹
/lb
26.43/kg

Save \$1/lb

Farm Boy™ Stuffed Chicken Breast

all varieties,
product
of Canada



9⁹⁹
/lb
22.02/kg

Save \$1/lb

Cut from Canada AAA Beef Sirloin Tip Oven Roast

aged a minimum of 14 days



9⁹⁹
/lb
22.02/kg

Save \$3/lb

Farm Boy™ Chef-Prepped Bowls

- Made daily by our chefs with fresh ingredients.
- Convenient meals for busy schedules, enjoy cold or warmed.
- Choose from satisfying recipes like Fiesta Chicken, Kung Pao Shrimp, and more.

select varieties, 470-630 g, Swedish Meatball or Thai Sesame Salmon also available for \$11.99 ea (477-630 g), save \$2 ea



9⁹⁹
ea

Save \$1-\$2 ea

Cut from Canada AAA Beef Striploin Grilling Steaks

aged a minimum of 14 days



20⁹⁹
/lb
46.27/kg

Save \$6/lb

Leadbetters Wood Smoked Bacon

all varieties, 250 g



4⁹⁹
/pkg

Save \$1/pkg

Farm Boy™ Shrimp Appetizer Party Pack

HOT DEAL!

510 g



Excellent
value for
easy, delicious
entertaining.

9⁹⁹
/pkg

Save \$4/pkg

Farm Boy™ 8" Tortillas

all varieties, 425 g



2⁹⁹
/pkg

Save \$1/pkg

Liviva Shirataki Instant Rice

all varieties, 120 g



2⁹⁹
/pkg

HOT DEAL!

Farm Boy™ Pinsa Pizzas

all varieties, frozen,
380-418 g



8⁹⁷
ea

Save \$1.02 ea

Farm Boy™ Double Cream Brie

product of Canada, 200 g



6⁹⁹
ea

Save \$1 ea

Farm Boy™ Non-Alcoholic Beers or Zero-Proof Cocktails

all varieties, 355 mL



2/4⁰⁰

Farm Boy™ Sourdough Crackers

all varieties, 150 g



4⁴⁷
/pkg

Farm Boy™ Soups

all varieties, 398 mL



2/7⁰⁰

Frankie's Organic Puffs

all varieties,
120-140 g



2/6⁰⁰

FRESH CANADIAN Produce Arriving Daily!

Bunched Spinach

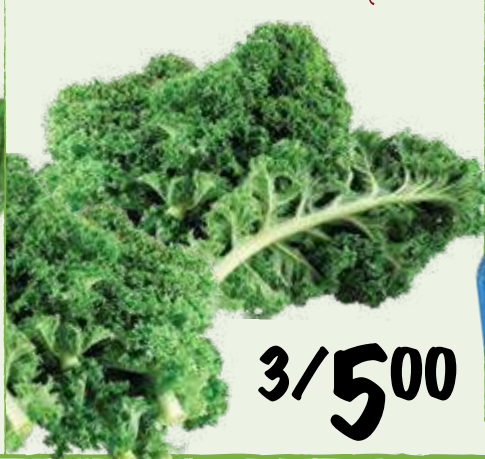
product of Canada



3/5⁰⁰

Kale

product of Canada



3/5⁰⁰

Whole Brown or White Mushrooms

product of Canada,
227 g



2⁹⁹
/pkg

**BUY ONE, GET ONE
50% OFF**

Mini Cucumbers

Canada No. 1 Grade,
product of Canada



3⁹⁹
/bag

Green or Red Leaf Lettuce

product of Canada



1⁹⁹
ea

**BUY ONE,
GET ONE
FREE**

White or Yellow Potatoes

Canada No. 1 Grade,
product of Canada



2⁹⁹
/bag

**5 lb
BAG**

Green Beans

product of Canada



2⁴⁹
/lb
5.49/kg

Bunched French Breakfast or Multicolour Radishes

product of Canada



2/3⁰⁰

Clementines

product of Argentina/South Africa



1⁹⁹
/lb
4.39/kg

Avocados

product of Mexico



5⁰⁰
/bag

**6 PER
BAG**

Sweet Black Figs

product
of Greece



9⁹⁹
/case

HOT DEAL!

**8-12
PER CASE**

Farm Boy™ Sweet Apple Cider

2 L



4⁹⁹
ea

LOCAL

Fresh from Farm Boy

Farm Boy™

Pumpkin Spice Scoop Cake

- Made from scratch in the Farm Boy Kitchen!
- Pumpkin chocolate chip cake with pumpkin spice toffee sauce and whipped cream.
- Convenient personal-sized dessert at excellent value.

260 g

LIMITED
TIME
ONLY!



4.99
ea

Farm Boy™

Fresh Guacamole

- Made fresh by our chefs daily.
- Loaded with ripe, hand-scooped avocados, garlic, red onions, a splash of lemon juice, and fresh cilantro.
- Choose from Regular, Salsa-topped, or Spicy.

275 g

Restaurant quality
at excellent value.



Save \$1 ea

5.99
ea

Cheese & Deli

Perron

7 Year Aged Cheddar

product of Canada



HOT DEAL!

Made with
Canadian dairy.

3.99
/100 g

Schäringer

Moosbacher Cheese

product of Austria



HOT DEAL!

Cut or sliced at
our Cheese Counter!

2.49
/100 g

Canadian

Light Feta Cheese

cut fresh at our Cheese Counter,
product of Canada



Made with 100%
Canadian dairy!

Save \$1.30/100 g

1.99
/100 g

Zerto

Fresh Mozzarella

product of Canada, 250 g



Save \$1 ea

7.99
ea

Farm Boy™

European Deli Style

Salami \$6.99/pkg, all varieties,
125 g



LOCAL

BUY ONE, GET ONE
50% OFF

Brandt

Honey Maple

or Hot Honey Ham
sliced fresh at our Deli Counter



LOCAL

2.49
/100 g

Bake Shop

Farm Boy™

Pumpkin Spice Swiss Rolls

Also available
in Black Forest,
Chocolate Cream,
or Strawberry
Shortcake, 400 g



LOCAL

6.49
/pkg

From the Bake Shop

Portuguese Buns

528 g

LOCAL

Locally made with
an authentic recipe.



PKG
OF 6

5.49
/pkg

BeaverTails

Cookies

all varieties,
320-340 g



PKG
OF 4

Save \$1/pkg

6.99
/pkg

Handmade In Store Daily

Pumpkin Spice Cruffies

all varieties,
335 g



PKG
OF 6

Save \$1/pkg

4.99
/pkg

Farm Boy™

Garlic Bread

325 g

LOCAL



Save \$1 ea

2.99
ea

From the Bake Shop

Multigrain Sourdough Batard

525 g



LOCAL

4.99
ea

Rainbow

Fall Carnations

15 stems



Bring autumn's
beauty indoors!

Save \$3/bunch

15.00
/bunch

Bountiful

Autumn Fields Bouquet

Loaded with
sunflowers and
cabbage roses!



LOCAL

Save \$2 ea

14.00
ea

Grocery

Farm Boy™ Japanese-Style Condiments

- Traditionally crafted using quality ingredients.
- Excellent in sauces, stir-fries, soups, and more.
- Choose from Soy Sauce, Tamari Soy Sauce, or Teriyaki Sauce.
Soy Sauce or Teriyaki Sauce: \$4.47 ea, Organic Tamari Sauce: \$7.47 ea, 500 mL



Blue Dragon Cooking Sauce Kits

all varieties, 253-271 g



Save \$1/pkg

6⁴⁹ /pkg

Mori-Nu Silken Tofu

all varieties, 305 g



3⁴⁹ ea

Neal Brothers BBQ Sauce

all varieties, 350 mL



4⁹⁹ ea

Kind Breakfast Squares or Granola Bars

all varieties, 175-200 g



Save \$1.50-\$2/pkg

4⁹⁹ /pkg

Satisfying snacking on-the-go!

Farm Boy™ Dried Mangos

- Made from sweet, perfectly ripened mangos.
- Choose from plain, half-dipped in decadent dark chocolate, or dusted with zesty chili-lime seasoning.
- The perfect choice for eating mango on the go.
Chili Lime or Plain: \$3.48/pkg, 120 g,
Dark Chocolate Half Dipped: \$4.48/pkg, 100 g,



Ritter Sports Bars

all varieties, 100 g



Made from sustainably sourced cocoa.

4⁴⁹ ea

Dorset Muesli Blends

all varieties, 500-560 g



Save \$2 ea

6⁹⁹ ea

Breakfast at Excellent Value

Farm Boy™ Crêpes

- Crafted with an authentic recipe, enjoy delicate crêpes in minutes—just heat and serve!
- Whether you like them sweet or savoury, they're a convenient and versatile canvas that pairs with almost anything.
- Available in: Apple & Cinnamon, Belgian Chocolate, or Traditional all varieties, frozen, 540-630 g



Save \$1/pkg

7⁹⁹ /pkg



Farm Boy™ Hash Browns

all varieties, frozen, 750 g



Save \$1.22/pkg

8¹¹ /pkg

Nature's Path Waffles

all varieties, frozen, 210 g



Save \$1/pkg

5⁴⁹ /pkg

Mush Overnight Oats

all varieties, 148 mL



2⁹⁹ ea

Egglife Egg White Wraps

all varieties, pkg of 6, 168-170 g



Save \$1/pkg

8⁹⁹ /pkg

Stök Cold Brew Coffee

all varieties, 1.42 L



Save \$2.02 ea

7⁹⁷ ea

Starbucks Coffee Enhancer

all varieties, 828 mL



Café-inspired flavours!

8²⁹ ea

Silk Plant-Based Coffee Enhancer

all varieties, 890 mL



Vegan

5⁹⁹ ea

International Delight or Silk Cold Foam

all varieties, 369-396 g



Light and frothy!

Save \$1 ea

6⁹⁹ ea



Celebrate the Mid-Autumn Festival!

Gather around the table, share good food,
and celebrate the joy of togetherness.
From all of us at Farm Boy, we wish you
a happy and delicious Mid-Autumn Festival!



Celebrate the Mid-Autumn Festival



White Asian Pears or Hosui Pears

Extra Fancy Grade, product of China, \$2.48–2.99/lb (\$5.47–6.59/kg)



Farm Fresh Asian Greens

Baby or Shanghai Bok Choy, Baby Napa Cabbage, Junior Baby or Junior Shanghai Bok Choy, Gai Lan, or Yu Choy, product of Canada, \$3.88/pkg



Pomelos

product of China, \$3.99 ea



Jumbo Chinese Carrots

No. 1 Grade, product of China, \$1.48/lb (\$3.26/kg)



Garlic or Ginger

product of China, Garlic: \$1.29/pkg, pkg of 3 Ginger: \$2.88/lb (\$6.35/kg)



Walnuts

product of USA, \$7.99/pkg, 300 g



Save \$2/pkg

Farm Boy™ Korean-Style Marinated Meats

\$10.99–13.99/pkg, 544 g



Convenient & ready to cook!

Save \$1/lb

Best Choice Thin Sliced Meat Rolls

all varieties, frozen, \$6.49–10.99/lb (\$12.10–22.02/kg)



Fresh Whole Duck

Canada Grade A, product of Canada, \$4.99/lb (\$11.00/kg)



Save \$1/pkg

Raw Whole, Head-on Shrimp

\$8.99/pkg, 9–14/lb count, 454 g



Save \$2/pkg

Green Ocean Basa Fillets

\$6.99/pkg, 907 g



Save \$2/lb

Fresh Tilapia Fillets

\$9.99/lb (\$22.02/kg)



Farm Boy™ Asian-Style Noodles

\$3.49/pkg, 355–450 g



Farm Boy™ Teriyaki Stirfry Kits

\$14.99/pkg, 800–850 g



Summ! Dumplings or Spring Rolls

\$5.99/pkg, 160–350 g



Chrysanthemums

\$5.00 ea, 4" pot

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. Not all products are available at all stores.

Celebrate the Mid-Autumn Festival



Save \$1.01/pkg

Farm Boy™
Seaweed Snacks
\$3.98/pkg, 6x5 g



Save \$.51/pkg

KO & C Sheng Hsiang Gen SHJ
Garlic Green Peas
\$4.98/pkg, 240 g



Save \$.51/pkg

KO & C SHJ
Coconut Jelly
\$2.48/pkg, 280 g



Save \$.49/pkg

Nongshim
Shrimp Crackers
Regular or Spicy,
2/\$3.00, 75 g



Save \$.51/pkg

ChaCha
Daily Mixed Nuts
\$8.98/pkg, 182 g



Save \$1.01 ea

Huy Fong
Chili Garlic Sauce
\$6.98 ea, 481 mL



Save \$1.01 ea

Huy Fong
Sambal Oelek Paste
\$6.98 ea, 476 mL



Save \$.61 ea

Ibunie
Flavoured Noodles
all varieties,
\$5.88 ea, 375–425 g



Save \$.51/pkg

Dan-D-Pak
Organic Chestnuts
\$1.78/pkg, 100 g



Save \$.51 ea

Cocomax
Coconut Water
\$3.78 ea, 1 L



Save \$.61 ea

Farm Boy™
Tofu
\$2.88 ea, 350–454 g



Save \$.61/pkg

Spring Creek
Duck Eggs
\$4.88/pkg, pkg of 6



Save \$1.02/pkg

Farm Boy™
Vegetable Spring Rolls
\$7.97/pkg, 450 g



Save \$1.52/pkg

Farm Boy™
Dumplings
all varieties,
\$5.97/pkg, 240 g



Save \$1.02/pkg

Farm Boy™
Edamame
in-pod or shelled,
\$4.97/pkg, 500 g



Save \$1.02/pkg

Farm Boy™
BBQ Pork Buns
\$6.97/pkg, 240 g

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Pear-*fectly* Ripe

Bartlett & Bosc Pears
Arriving Daily!



Fresh harvest starts at Farm Boy with locally grown Bartlett and Bosc pears. At first crisp and tart, Bartlett pears ripen to a juicy, mellow sweetness that shines in salads, sandwiches, and beverages. Firm and juicy with a hint of spice, Bosc pears are at their best when poached or used in baked goods.



Try in:

Old Fashioned Pear Spice Cake



[View Recipe Online](#)

Honey Ginger Poached Pears



[View Recipe Online](#)

Pear Citrus Chardonnay Mocktail



[View Recipe Online](#)



COMPLETE THANKSGIVING DINNER

SERVES 6-8 PEOPLE



Includes
A Treat
from our
Chefs!



DON'T FORGET TO ADD OUR
CARAMEL APPLE CHEESECAKE PIE

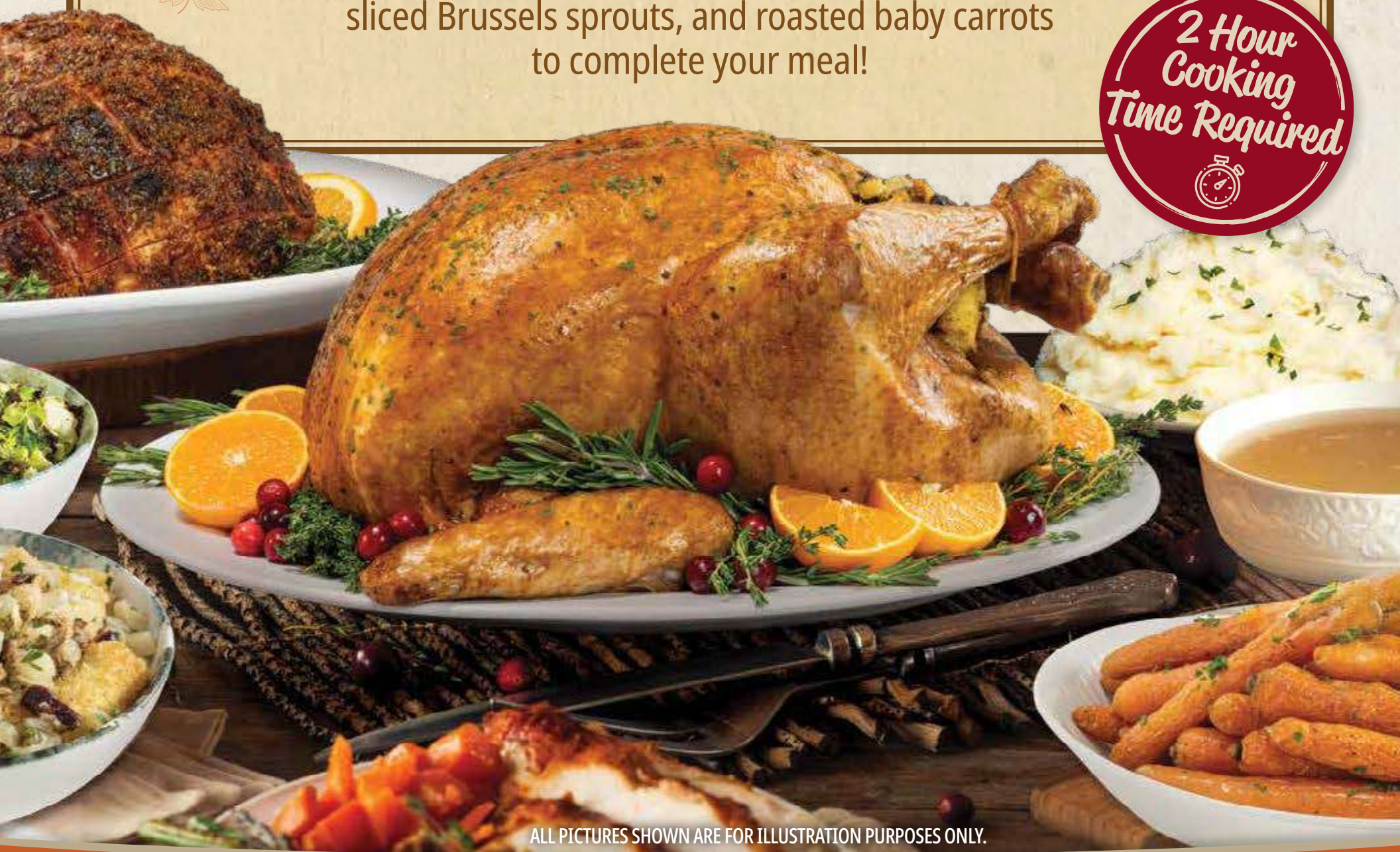
Turkey or Ham *You Choose!*

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



ALL PICTURES SHOWN ARE FOR ILLUSTRATION PURPOSES ONLY.

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



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



**Family
of Support**



Donate today to support local kids' mental health programs

**100% of your
donation *supports:***



Jenna, 22

Received support for anxiety,
depression, and anorexia

Learn the impact
of your donation at
familyofsupport.com



Donate today at your local Farm Boy.

Monthly Hot Bar Menu

Cheers to OKTOBERFEST

Our chefs have crafted a delicious menu inspired by Bavarian flavours—all with “A Farm Boy Fresh Twist”. Made from scratch daily using ingredients that bring you closer to the farm, each dish is sure to take your taste buds on a culinary journey!



Vegan Braised Red Cabbage

Wholesome cabbage slowly cooked with onions, red wine, and spices.



Chicken Paprikash

Succulent chicken breast in a spiced sweet pepper and tomato sauce.



Sauerkraut & Sausage Eintopf

A hearty stew featuring potatoes, wine sauerkraut, and our made-in-house sausage.



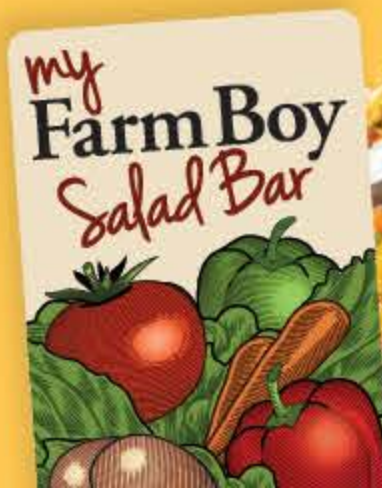
Pork Jägerschnitzel

Tender breaded pork cutlet with a savoury mushroom sauce.

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

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.



Roasted Butternut & Carrot Soup



PREP:
10 mins



COOK TIME:
60 mins



SERVES:
8



DIFFICULTY:
Easy

[View Full Recipe Online](#)

Ingredients

2 Tbsp Farm Boy™ Extra Virgin Olive Oil

4 cups peeled and cubed butternut squash

2 medium carrots, chopped

1 large onion, chopped

1 Royal Gala apple, peeled, cored, and chopped

2 Tbsp unsalted butter

2 cloves chopped garlic

1 Tbsp chopped ginger

1 container (900 mL) Farm Boy™ Organic Low Sodium Vegetable Broth

½ tsp Farm Boy™ Organic Ground Cumin

1 cup Farm Boy™ Organic Coconut Milk

Salt and black pepper to taste

Farm Boy™ Roasted Pumpkin Seeds for garnish

Chopped parsley for garnish

Farm Boy™ Cayenne Pepper for garnish

Directions

- 1** Preheat the oven to 425°F. Toss the butternut squash, carrots, onion, and apple with Farm Boy™ Extra Virgin Olive Oil, salt, and pepper. Place the veggies on a large baking sheet and roast for 35-40 minutes, or until the edges of the vegetables have browned and are fork-tender.
- 2** Heat a large saucepan over medium-high heat. Add the butter, garlic, and ginger. Sauté for 2 minutes, just until fragrant.
- 3** Add the roasted vegetables, Farm Boy™ Organic Low Sodium Vegetable Broth, Farm Boy™ Organic Ground Cumin, and Farm Boy™ Organic Coconut Milk. Bring mixture to a gentle simmer, and cook, partially covered, for 20 minutes.
- 4** Remove the pot from the heat. Working slowly and very carefully, use an immersion blender to blend the soup until it's completely smooth. Adjust seasonings to taste.
- 5** Serve garnished with Farm Boy™ Roasted Pumpkin Seeds, parsley, and a sprinkle of Farm Boy™ Organic Cayenne Pepper.



A Fun, Fresh-Market Experience



At Farm Boy, grocery shopping can be more than just an errand — it can be a source of inspiration. Each of our fresh-markets is stocked with locally crafted and seasonal products hand-selected for you to enjoy. From autumnal treats crafted by us to limited-time-only offerings we think you'll love, come on in and discover what's in store.

Fresh harvest starts here.

Made from scratch!



Farm Boy™ Pumpkin Spice Loaf Cake

- Baked by us with real pumpkin, warm spices, and our own recipe.
- Only available for a limited time!

Flavourful fall favourites



Farm Boy™ Fresh & Ready Soups

- Crafted fresh by our chefs in small batches.
- Prepared with our own recipes and wholesome, simple ingredients.

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

[Learn More](#)

Farm Boy™ Apple Caramel Crumble Gelato



- Locally crafted in small batches with 100% Canadian dairy.
- Packed with crunchy apple crumble clusters and a caramel swirl.



Only here for the season

