



Fresh harvest SAVINGS start here!



Bartlett or Bosc Pears, or McIntosh Apples

Pears: 2 L basket, Apples: 3 L basket,
Canada Extra Fancy Grade,
product of Canada



4.99
/basket



**Vine-Ripened
Tomatoes**
Canada No. 1 Grade,
product of Canada

1.99
/lb
4.39/kg

Excellent Value Delivered Fresh Daily!

Farm Boy™
Fresh Whole Turkey product of Ontario

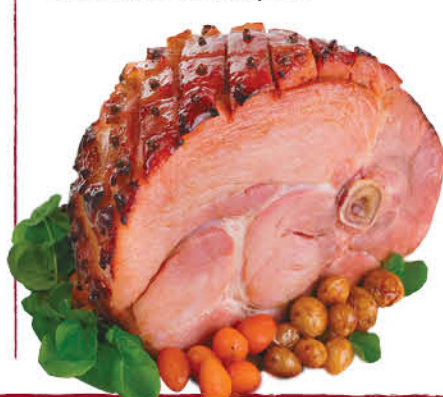


Canada
Grade A

FRESH, NEVER FROZEN

2.99
/lb
6.59/kg

Farm Boy™
Bone-in Smoked Ontario Ham
smoked in Dundas, ON



3.99
/lb
8.80/kg

Farm Boy™
**Pacific White
Shrimp Ring**
sauce included, 425 g



SWEET DEAL!



Save \$4/pkg

10.99
/pkg

Fresh
Pork Tenderloin
family pack, product of Ontario



HOT DEAL!



Save \$3/lb

4.99
/lb
11.00/kg

Neilson
TruTaste Milk
0%, 1%, 2%, or 3.25%
Partly Skimmed, 2 L



Save \$1-\$2 ea

4.79
ea

From the Bake Shop
**Multigrain
Sourdough
Batard** 525 g



SWEET DEAL!



Save \$1.50 ea

3.99
ea

Farm Boy™
**Kettle Cooked
Potato Chips**
all varieties, 142-185 g



SWEET DEAL!

3.27
ea

Farm Boy™
Perogies
all varieties, frozen, 454 g



Save \$1.05/pkg

4.44
/pkg

Farm Boy™
All Natural Peanut Butter
Crunchy or Smooth, 500 g



Save \$1 ea

3.99
ea

Farm Boy™
**Flavoured
Sparkling
Water** all varieties, 1 L



HOT DEAL!



organic
.99
ea

Armstrong
**Shredded
Cheese
Blends**
all varieties,
320 g



Save \$2 ea

5.99
ea

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



Save \$1.50/pkg

3.29
/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., October 1 to Wed., October 7, 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™

Boneless Smoked Ontario Ham

½'s: \$4.99/lb (\$11.00/kg),
¼'s: \$5.99/lb (\$13.21/kg)

- Smoked over a blend of hard woods in Dundas, ON, for a distinct flavour.
- Fully cooked, boneless, and easy to carve.
- Proudly 100% Ontario pork.



Save \$1/lb

Cut from Canada AAA Beef
Sirloin Tip Oven Roast
aged a minimum of 14 days



Save \$3/lb

999 /lb
22.02/kg

Ribeye Steaks

optimally aged,
product of Australia



SWEET DEAL!

Cut and
trimmed by
our butchers!

1999 /lb
44.07/kg

Farm Boy™ Naturals
Sliced Double Smoked Bacon
product of Canada, 375 g



Save \$1/pkg

599 /pkg

Farm Boy™
Mini Fish Taco Appetizers 400 g

BUY ONE, GET ONE FREE



1099 /pkg

Farm Boy™

Turkey Dinner Soup

- Our twist on a mouthwatering holiday turkey dinner—reimagined as soup!
- Crafted by our chefs in small batches using our exclusive recipe.
- Featuring carrots, Farm Boy™ Turkey Gravy, turkey, and Canadian yellow potatoes.

946 mL



799 ea

Farm Boy™

Red Cabbage Salad with Apples or Sauerkraut
all varieties, 796 mL



Save \$1 ea

399 ea

Dempster's
English Muffins
all varieties,
pkg of 6, 340 g



Save \$1.20/pkg

249 /pkg

Gay Lea
Spreadable Butters
all varieties,
227 g



Save \$1.02 ea

547 ea

Earth's Own
Plant-Based Beverages
select varieties, 1.75-1.89 L



Save \$1.02 ea

397 ea

Amy's

Soups all varieties, 398 mL



Save \$1-\$1.50 ea

449 ea

Farm Boy™
Cold Pressed Extra Virgin Olive Oil 1 L



Save \$2 ea

1299 ea

Farm Boy™
Passata 720 mL



248 ea

Farm Boy™
Chip Stacks
all varieties, 147 g



2/600

This week's FRESH produce picks!

Naked Leaf
Living Lettuce
product of Canada



299 /pkg

Red, Orange, or Yellow
Sweet Bell Peppers
product of Canada



249 /lb
5.49/kg

Cherry Tomatoes on the Vine
Canada No. 1 Grade,
product of Canada, 340 g



399 /pkg

Green or Red
Swiss Chard
product of Canada



199 /bunch

Red or Spanish
Onions Canada No. 1 Grade,
product of Canada



Only 125 /lb
2.76/kg

Bunched
Beets or Carrots
Canada No. 1 Grade,
product of Canada



Only 195 /bunch

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



Only .95 /lb
2.09/kg

Sweet Snap Peppers
product of Mexico,
340 g



Only 244 /pkg

Papaya
product of Guatemala/Mexico



129 /lb
2.84/kg

Cranberries No. 1 Grade,
product of USA, 340 g



275 /pkg

Sumo Mandarins
product of Australia



499 /lb
11.00/kg

Large
Avocados product of Mexico



4/500

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.

Little Help on the Side



TURKEY GRAVY

Our famous gravy is created by us with stock made from roasted turkey bones, simmered with fresh vegetables and seasonings.
\$7.99 ea, 680 mL

CRANBERRY SAUCE WITH GINGER

Made by us with whole cranberries simmered with fresh ginger and cinnamon.
\$5.99 ea, 450 mL

FAMILY SIZED TOURTIÈRE

A French Canadian classic, packed full of onion, potato, and perfectly spiced ground pork and beef, wrapped in a flaky golden crust.
\$22.99 ea, 1.2 kg

CRANBERRY APPLE SAUSAGE STUFFING

Apples, cranberries, Farm Boy™ Mild Italian Sausage, and bakery fresh bread.
\$1.39/100 g

CHIVE MASHED POTATOES

Quartered potatoes steamed and mashed with cream, butter and chives.
\$7.99 ea, 690 g

SWEET POTATO MASH

Steamed sweet potatoes blended with garlic, maple syrup, cream, and chives.
\$10.99 ea, 690 g

TURKEY DINNER FOR ONE

Conveniently ready to heat and enjoy from the Grab & Go section of our Chef's Market.
\$14.99 ea



Cheese & Deli

Briette
Creamy or Flavoured Bries
all varieties, product of Germany



Save \$1 ea

5.49
ea

Farm Boy™
Rosette de Lyon
all varieties, 300 g

Proudly
crafted in
Quebec.



BUY ONE, GET ONE
50% OFF



Fromagerie Montebello
Tête à Papineau
or **Rebellion 1837**
product of Canada



Save \$1/100 g

5.99
/100 g

Farm Boy™
Feta Cheese
Barrel Aged, Organic, or Sheep's
Milk, product of Greece, 200 g



Save \$1 ea

6.99
ea

Brandt
Kolbassa Coils all varieties,
cut fresh at our Deli Counter



LOCAL

1.99
/100 g

Brandt
**Hot Honey or Smoked
Honey Maple Ham**
all varieties, sliced fresh
at our Deli Counter



LOCAL

2.49
/100 g

Bake Shop

Farm Boy™
Plant-Based Strudels 400 g



Choose from Apple or Cherry filling!



Save \$1/pkg

4.99
/pkg

From the Bake Shop
Croissants
select varieties, 4-6 regular
or 10-12 mini, 272-480 g



Save \$.50-\$1.50/pkg

4.49
/pkg



Baked fresh
in-store!

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



Save \$1 ea

11.99
ea

From the Bake Shop
Palm Leaf Pastries 275 g



LOCAL

4.49
/pkg

Farm Boy™
Taralli Bread Sticks
all varieties, 250 g



Save \$1/pkg

4.99
/pkg

From the Bake Shop
Mini Sourdough Boule
240 g



LOCAL

2.67
ea

Elegant
RosAroma



THEY'RE BACK!

LOCAL

Save \$2 ea

16.00
ea

Sunflower Bunches
5 stems



LOCAL

A burst of sunshine
for your home
or office!

Save \$2/bunch

8.00
/bunch

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Grocery

Farm Boy™ Apple Sauce



Organic

- It just takes one ingredient—Ontario apples—to make this apple sauce so remarkable.
- Perfect for kids and grown ups alike, the apple skins are blended into this smooth sauce on for rich colour and nutrients.
- Proudly made in Ontario.



Save \$1 ea

4.99 ea



Stoked Oats Oatmeal Blend

Gluten-free, all varieties, 500 g

HOT DEAL!



Save \$3 ea

6.99 ea

Broya Bone Broths

500 mL



Save \$3 ea

9.99 ea



Kuhne Yogurt Dressings

all varieties, 250 mL



Save \$1 ea

3.99 ea



G.H. Cretors Popcorn Blends

all varieties, 184-227 g



Save \$1.50 ea

5.49 ea



Crunchmaster Multi-Seed Crackers

all varieties, 100-128 g



Save \$1/pkg

5.99 /pkg

Lärabar Energy Bars

all varieties, 45-48 g



Vegan 2/4.00

Brüst Cold Brew Protein Coffee

all varieties, 330 mL



2/7.00

Farm Boy™ Fermented Garlic Flowers



- Our garlic flowers are fermented in oil and ready to go whenever you need them.
- Talk about convenient! No more peeling, chopping, or pressing.
- Enjoy them in your favourite recipes, stir-fries, and soups.

190 mL



Save \$1 ea

4.99 ea



Smooth Blends & Creamy Staples—Minus the Lactose!

Farm Boy™ Frozen Fruit

- Picked at peak ripeness and flash-frozen to lock in flavour.
- Pre-washed and ready to enjoy!
- Available in mixed or single-fruit varieties.

\$6.99 ea, select varieties, 600 g



Nutes Smoothie Packs

all varieties, 390 g



Save \$2/pkg

7.99 /pkg

Califia Farms Almond-Based Beverages

select varieties, 1.4 L



Save \$1.22 ea

5.77 ea

Activia Probiotic Yogurt

all varieties, 8x100 g



Save \$2/pkg

5.49 /pkg

Oasis Lactose Free Smoothies

all varieties, 1.6 L



Save \$1 ea

4.99 ea

Gay Lea Lactose Free Sour Cream

450 mL



Save \$1 ea

3.79 ea

Lactantia Lactose Free Butter

Salted or Unsalted, 250 g



6.99 ea

Neilson Lactose Free Milk

1 L



Easy to digest!

3.99 ea

Tre Stelle Lactose Free Cream Cheese

all varieties, 200 g



Save \$1 ea

4.49 ea

New Finds

Only at Farm Boy!

A trip to your local Farm Boy brings a fresh twist with every visit. Discover our handpicked, **curated selection of exceptional new products** we think you'll love. It's just one of the ways we deliver a fun, fresh-market experience in every shop.

Farm Boy™

Apple Cinnamon Crisp

\$6.99 ea, 650 g

- Made by us using our own homestyle recipe
- Pair with Farm Boy™ Gourmet Ice Cream.
- Here for a limited time—get it today!



Farm Boy™

6 Seed Crisps

\$5.99/pkg, 115 g

- Crafted in small batches and packed with wholesome seeds.
- Plant-based, high in fibre, and 5 g of protein per serving.
- A Farm Boy exclusive, perfectly seasoned and ready for snacking.

Farm Boy™

Gummy Fruit Peels

\$9.99 ea, 500 g

- Chewy, fruity, and perfectly shareable.
- Banana, grape, mango, and peach varieties in each package.
- Peelable outer later with a juicy, real fruit flavoured centre.



Farm Boy™

Mini Chicken Perogies

\$5.49/pkg, 400 g

- Juicy seasoned chicken wrapped in tender dough.
- Versatile, bite-sized dumplings for appetizers, snacks, or adding to soups and meals.
- Just bake, boil, air-fry, or pan-fry for a delicious dish in minutes!



Farm Boy™

Brazilian Cheese Buns

\$8.99/pkg, 450 g

- Made with real cheese for a rich, savoury taste.
- No artificial colours or flavours.
- Oven-ready—enjoy as-is or with spreads and charcuterie.

**FAIRTRADE
MONTH**

Let's Build a Fairer World

It's Fairtrade Month!



Bold Brews

- Full-bodied coffees from Canadian businesses like Balzac's, Bridgehead, Kicking Horse Coffee, and Level Ground.
- Great-tasting blends that support ethical sourcing, responsible production, and fair wages.

Sip-worthy Finds

- Naturally delicious beverages from brands like Clipper and Numi Tea, crafted with ethically sourced ingredients.
- Proudly Canadian, Loon Kombucha creates vibrant organic brews that are free from artificial colours and flavours!



Going Bananas

- Equifruit is a proudly Canadian, women-led company that's partnered with Farm Boy since 2016.
- Their bananas are 100% Fairtrade-certified, supporting safer working conditions, fair pay, and sustainability.

Availability may vary by store.



Indulgent Treats

- Fairtrade chocolatey favourites, including Camino Organic Natural Cocoa Powder, Prana Kilimanjaro Chocolate Mix, and more.
- Treat yourself to Green & Black's Dark Chocolate Bars, made without artificial flavours and non-GMO ingredients.

Falling for Florals

As the season of gathering begins, our stunning selection of hand-arranged bouquets, fresh-cut flowers, and seasonal plants is arriving to stores at their best. Perfect for Thanksgiving tables, host gifts, and adding a touch of autumn warmth to your home, these fresh blooms bring lasting beauty to every celebration!



Harvest Bundle \$25 ea

- Market-fresh variety of long-lasting flowers.
- An easy, seasonally inspired choice for any occasion!



Farm Boy™ Bounty Bouquet \$29 ea

- Hand-arranged with the freshest blooms.
- A stunning, colourful selection at excellent value.

Farm Boy™ Fresh Cut Tulips 10 stem, \$12.99/bunch

- Vibrant assortment with a long vase life!
- Available in multiple colours at a great price.



FIRST OF THE SEASON!

Jumbo Bouquet \$35 ea

- A beautiful arrangement of the season's best florals.
- Arriving fresh to stores at peak quality!



Premium Roses 1 dozen, \$25/bunch



Premium Foliage in Tin Pitcher \$15 ea



Save \$4 ea Double Spike Orchids \$22 ea

Medium Bouquets \$15 ea



Easy to care for!



Kalanchoe 4" pot, \$5 ea



Pumpkin, Pecan, & Chocolate Chip Loaf



PREP:
15 mins



BAKE TIME:
70 mins



MAKES:
1 Loaf



DIFFICULTY:
Easy

[View Full Recipe Online](#)

Ingredients

2 ⅓ cups Farm Boy™ All Purpose Flour

2 ½ tsp baking powder

1 tsp baking soda

1 Tbsp pumpkin pie spice

½ tsp salt

1 ¾ cups pure pumpkin puree

¾ cup light brown sugar

¼ cup granulated sugar

⅔ cup Farm Boy™ Virgin Cold Pressed Sunflower Seed Oil or Canola Oil

2 large Farm Boy™ Eggs

1 tsp vanilla extract

½ cup toasted Farm Boy™ Chopped Pecan Pieces

½ cup semisweet chocolate chips

1 Tbsp granulated sugar, for dusting

½ tsp pumpkin pie spice, for dusting

Directions

- 1** Preheat oven to 350°F. Grease a 9"x5" loaf pan and set on a sheet pan.
- 2** In a large mixing bowl, whisk together Farm Boy™ All Purpose Flour, baking powder, baking soda, pumpkin pie spice, and salt.
- 3** In another medium mixing bowl, whisk together pumpkin puree, light brown sugar, granulated sugar, Farm Boy™ Virgin Cold Pressed Sunflower Oil, Farm Boy™ Eggs, and vanilla extract.
- 4** Add wet ingredients to dry ingredients and stir until smooth. Stir in semisweet chocolate chips and Farm Boy™ Chopped Pecan Pieces.
- 5** Pour batter into the prepared loaf pan. In a small bowl, mix together 1 Tbsp sugar and ½ tsp pumpkin pie spice and sprinkle over the batter in the pan.
- 6** Bake for 60-70 minutes, or until toothpick inserted in the centre comes out clean.
- 7** Let loaf cool in the pan for 5 minutes, then unmould onto a cooling rack to cool completely.

Instead of nuts and chocolate, try pumpkin seeds, raisins, and/or dried cranberries.



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

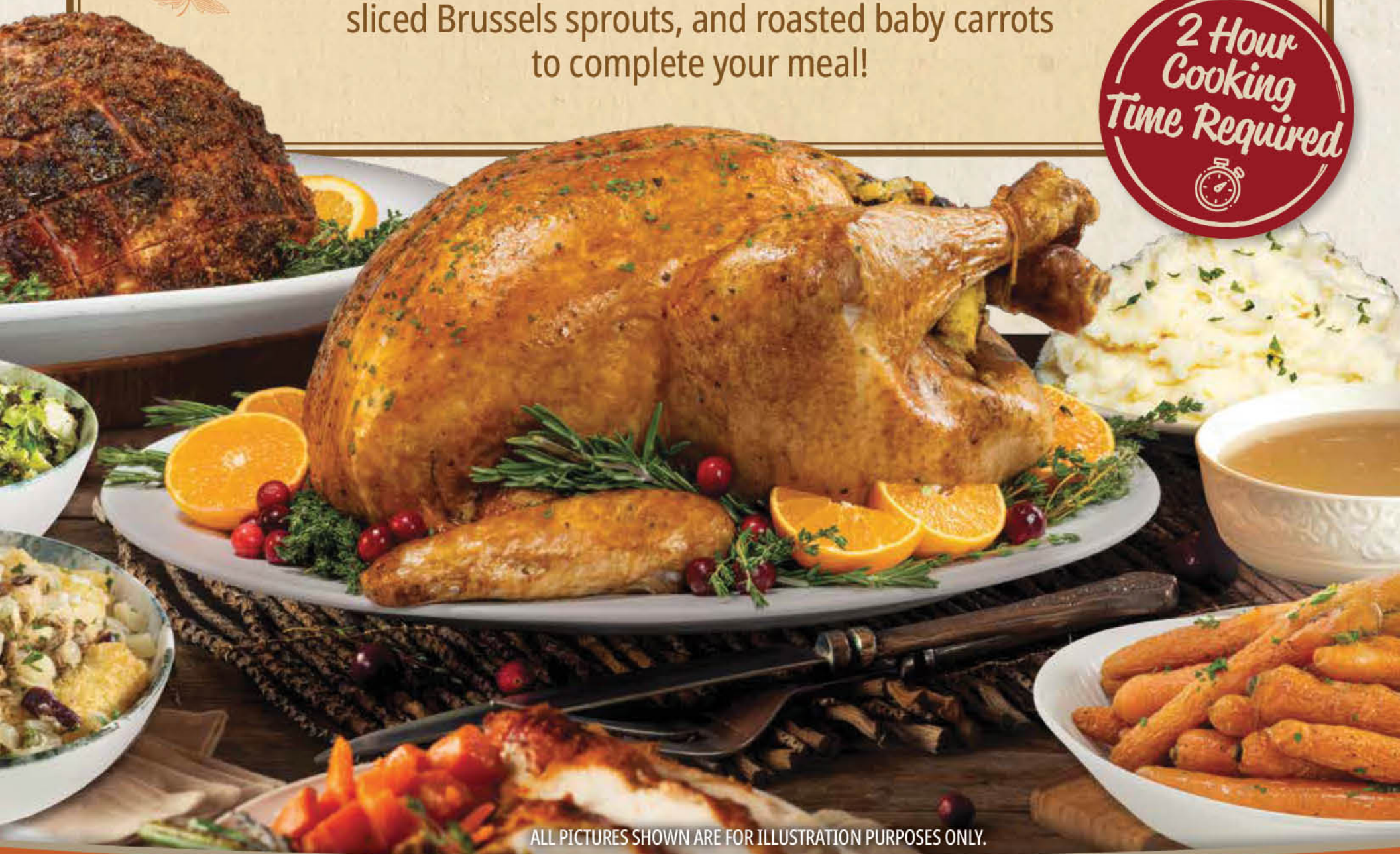
Turkey or Ham *You Choose!*

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

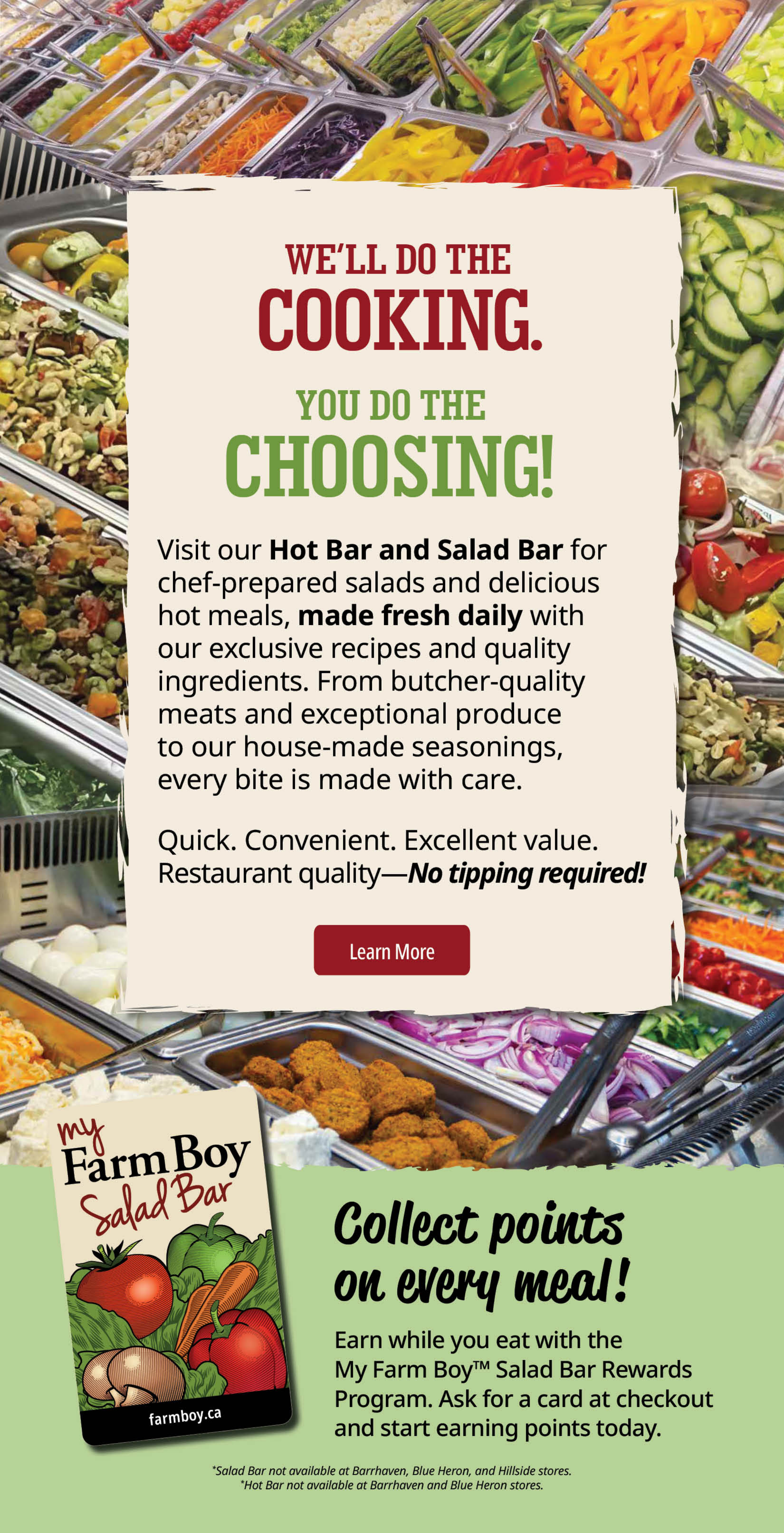
ORDERS CLOSE:
Sunday, October 4

PICK-UP DATE:
Saturday, October 10

50 MINUTES
REHEATING



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

A vibrant background image of a salad bar with numerous stainless steel trays filled with a variety of fresh ingredients. These include sliced cucumbers, cherry tomatoes, shredded carrots, shredded purple cabbage, sliced bell peppers in red, orange, and yellow, green beans, asparagus, broccoli, cauliflower, chickpeas, and various pre-made salad mixes. Metal tongs are placed in each tray for self-service.

WE'LL DO THE
COOKING.

YOU DO THE
CHOOSING!

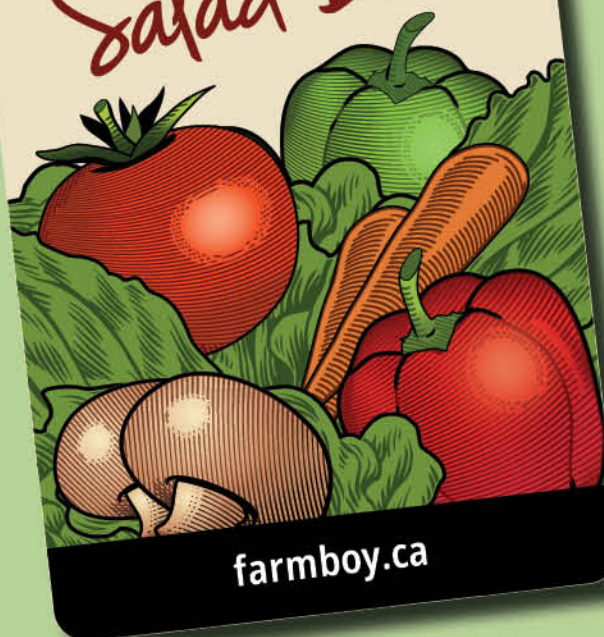
Visit our **Hot Bar and Salad Bar** for chef-prepared salads and delicious hot meals, **made fresh daily** with our exclusive recipes and quality ingredients. From butcher-quality meats and exceptional produce to our house-made seasonings, every bite is made with care.

Quick. Convenient. Excellent value.
Restaurant quality—***No tipping required!***

[Learn More](#)

The logo for 'my Farm Boy Salad Bar' is displayed on a light beige background. The word 'my' is in a small, red, cursive font. 'Farm Boy' is in a large, bold, black sans-serif font. 'Salad Bar' is in a red, cursive font, similar to 'my'. Below the text is a colorful illustration of fresh vegetables: a red tomato, a green bell pepper, a carrot, and a mushroom.

my
Farm Boy
Salad Bar



***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.

*Salad Bar not available at Barrhaven, Blue Heron, and Hillside stores.

*Hot Bar not available at Barrhaven and Blue Heron stores.

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™ 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

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](#)

