



Harvest Table FAVOURITES

Happy Thanksgiving!



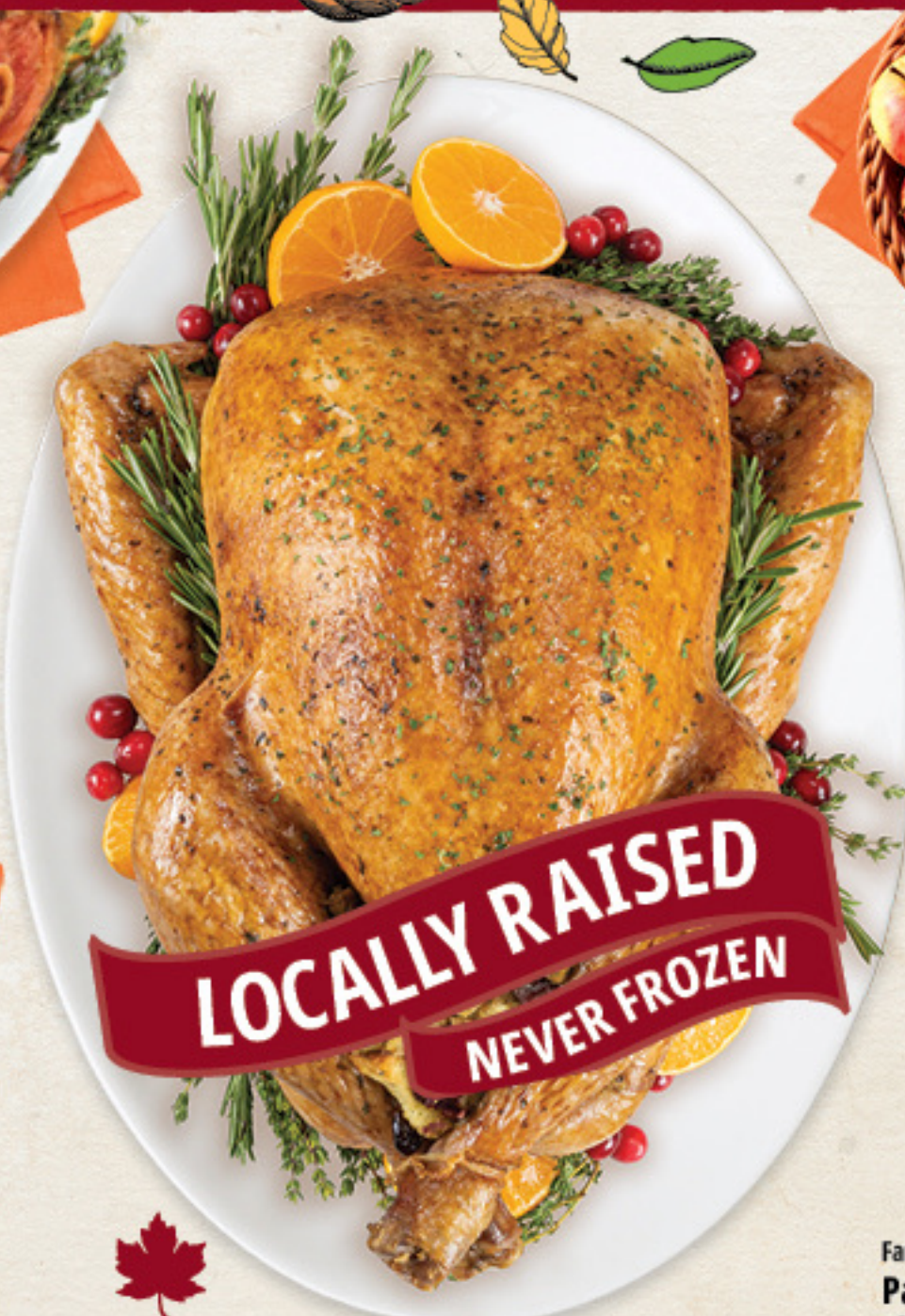
LOCAL
Farm Boy™
**Bone-In
Smoked
Ontario Ham**
locally smoked in Dundas, ON

3.99
/lb
8.80/kg



**Handpicked
Green Beans**
product of
Canada/Mexico

2.49
/lb
5.49/kg



**LOCALLY RAISED
NEVER FROZEN**

**Farm Boy™
Fresh Turkey**
5-11 kg, Canada Grade A,
arriving daily from
Dashwood, ON

2.99
/lb
6.59/kg



**Honeycrisp
Apples**
Canada Fancy Grade,
product of Canada

2.45
/lb
5.40/kg



Save \$4/pkg

**Farm Boy™
Pacific White
Shrimp Ring**
19-22 shrimp per ring, frozen,
includes cocktail sauce, 425 g

10.99
/pkg



**Farm Boy™
Broths**
all varieties, 900 mL

Organic



**BUY TWO,
GET ONE FREE**



3.99
ea



From the Bake Shop
8" Apple Pie
750 g

Save \$1 ea

6.99
ea



**Farm Boy™
Double Cream Brie**
product of Canada, 200 g

6.99
ea



**Hardbite
Stuffing Mix
Potato Chips**
142 g

HOT DEAL!

2.99
ea

**Farm Boy™
Frozen Vegetables**
all varieties, including
organic, 500 g



Save \$.50-\$2/pkg

4.49
ea

**Neilson
Creams** 5%, 10%, 18%
or 35% M.F., 473 mL



Save \$.50-\$1.60 ea

3.49
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 Thanksgiving
Holiday hours.
Monday,
October 12

FRESH SPECIALS IN EFFECT:
Thursday, October 8 to Wednesday, October 14, 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!



@officialfarmboy

Visit farmboy.ca for a full list of store addresses to find a location near you.

Meat & Seafood 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.



Save \$1/lb

Bone-In, Skin-On Whole Turkey Breast

product of Ontario



Perfect for smaller gatherings.

6.49 /lb
14.31/kg

Boneless Rib Roast

optimally aged, product of Australia



Elevate your harvest table!

16.99 /lb
37.46/kg

SWEET DEAL!

Fresh Spring Lamb Leg

product of New Zealand



SWEET DEAL!

7.99 /lb
17.61/kg

Boneless Pork Loin Roast

fresh, product of Ontario



Save \$3/lb

3.99 /lb
8.80/kg

HOT DEAL!

Brome Lake Whole Young Duck

fresh, Canada Grade A, approx. 2-3 kg ea



Save \$2/lb

4.99 /lb
11.00/kg

Leadbetter's Naturally Smoked Bacon

product of Canada, 375 g



Save \$2/pkg

4.99 /pkg

HOT DEAL!

Farm Boy™ Pork Breakfast Sausages

\$6.99/pkg, 375 g

- Level-up your brunch with our delicious, slightly sweet pork breakfast sausages.
- Made here in Ontario using Canadian pork and honey, they're a satisfying source of protein in the morning.
- Available in Honey or Original.



Coho Salmon Fillets

frozen or previously frozen, product of Chile



Save \$2/lb

11.99 /lb
26.43/kg

Farm Boy™ Cold Smoked Atlantic Salmon

frozen, product of Canada, 150 g



Save \$1/pkg

8.99 /pkg



Chef's Market

Farm Boy™ Savoury Pies

Beef & Cheese Curd Pie, Chicken/Savoury Meat Pie, Tourtière, Whole Lotta Chicken Pot Pie, \$9.99-\$24.99 ea, 550 g-1.23 kg



Farm Boy™ Leek & Potato Soup

\$4.99-\$8.99 ea, 445-946 mL

A FARM BOY FRESH TWIST

Made from scratch by us in small batches!



Freshly made in the Farm Boy Kitchen

Farm Boy™ Cranberry Sauce with Ginger

made by us, \$5.99 ea, 450 mL



Farm Boy™ Turkey Gravy

made by us, \$7.99 ea, 680 mL



Farm Boy™ Cranberry Apple Sausage Stuffing

made by us, \$1.39/100 g

Our exclusive homestyle recipe!



Farm Boy™ Chive Mashed Potatoes or Sweet Potato Mash

Chive Mashed Potatoes: \$7.99, 690 g; Sweet Potato Mash: \$10.99, 690 g



Cheese & Deli

Perron 7 Year Aged Cheddar

product of Canada



3.99 /100 g

Sartori BellaVitano Cheese

all varieties, product of USA, 150 g



Save \$1 ea

10.99 ea

Blue Danube Smoked Homemade Ham

sliced fresh at our Deli Counter



3.49 /100 g

Hayter's Farm Roasted Turkey Breast

all varieties, sliced fresh at our Deli Counter



3.49 /100 g

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.

Bake Shop

Farm Boy™
**Pumpkin Spice
Loaf Cake**
500 g

A FARM BOY
**FRESH
TWIST**

IT'S BACK!

Made From
SCRATCH

7.99
ea

From the Bake Shop
**Sourdough
Baguette** 325 g

Harvest table
must-have!

SWEET DEAL!

Save \$1 ea

2.99
ea

BeaverTail
Cookies all varieties, 320-340 g

PKG
OF 4

Save \$1/pkg **6.99**
/pkg

La Rocca
**Apple Caramel Crumble
Cheesecake** 1.5 kg

LOCAL

Save \$2 ea **27.99**
ea

Farm Boy™
**Homestyle
Garlic Bread**
325 g

LOCAL

Save \$1 ea **2.99**
ea

Farm Boy™
Taralli Bread Sticks
all varieties, 250 g

LOCAL

Save \$1/pkg **4.99**
/pkg

Handmade In-Store
**Pumpkin Spice
Cruffies**
335 g

LOCAL

PKG
OF 6

5.49
/pkg

Farm Boy™
**Pumpkin Spice
Swiss Rolls**
all varieties,
400 g

LOCAL

PKG
OF 6

6.49
/pkg

From the Bake Shop
**Mini Sourdough
Boule**
240 g

LOCAL

2.67
ea

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

LOCAL

4.99
ea

Grocery, Dairy & Frozen

Farm Boy™
Artisan Crackers
all varieties, 150 g

Save \$1.02 ea **4.97**
ea

Farm Boy™
**Stuffing
Mixes**
Cornbread
or Original, 170 g



2.49
ea

Farm Boy™
**Gravy
Mixes**
all varieties, 40-45 g

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



1.99
ea

Farm Boy™
**Sparkling
Non-Alcoholic Wine**
all varieties, 750 mL

Save \$1 ea **3.99**
ea

Farm Boy™
**Cranberry
Cocktail**
1.89 L



3.88
ea

Farm Boy™
Olives
all varieties,
370 mL



3.47-4.27
ea

Farm Boy™
**Premium Spanish
Seafood** all varieties, 111-115 g



Save \$1 ea **6.99**
ea

Farm Boy™
Compotes & Jellies
all varieties, 150-185 g



Save \$1 ea **4.99-5.99**
ea

Farm Boy™
Cranberry Sauce
all varieties, 398 mL



LOCAL

3.47
ea

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



LOCAL

Save \$1 ea **4.99**
ea

Gay Lea
**Whipped
Cream** all varieties,
225 g



Save \$1 ea **4.49**
ea

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



Save \$1.22-\$1.72/pkg **6.77**
/pkg

Philadelphia
Cream Cheese 250 g



Save \$1 ea **5.99**
ea

Kawartha
**Pumpkin Pie
Ice Cream** 1.5 L



Save \$1 ea **8.99**
ea

Farm Boy™
**Phyllo
Bites**
all varieties,
454 g

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



Save \$1 ea **7.99**
/pkg

Farm Boy™
Vegetable Spring Rolls
dipping sauce included, 450 g



Save \$1/pkg **7.99**
/pkg

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This week's **FRESH** produce picks!

Arriving fresh!

Carrots or Onions

Canada No. 1 Grade,
product of Canada

- Exclusively grown in Bradford, ON, on a third-generation family farm.
- Available in 3 lb bags for excellent value.
- Versatile and nutritious in harvest dishes.

LOCAL



3 lb BAG

2/500

White or Yellow Potatoes

Canada No. 1 Grade,
product of Canada



5 lb BAG

2.99 /pkg

Canadian Grown Fall Squash

Buttercup, Butternut, Pepper,
or Spaghetti, product of Canada



Only

.99 /lb
2.18/kg

Leeks

product of Canada



6 PER BUNCH

Farm
fresh!

Only

4.99 /bunch

Pie Pumpkins

product of Canada



LOCAL

3/500

Green or Red Cabbage

Canada No. 1 Grade,
product of Canada



Only

.49 /lb
1.08/kg

Canadian Grown Tomatoes

Canada No. 1 Grade,
product of Canada



PKG OF 4

LOCAL

2.99 /pkg

Sweet Potatoes

product of Canada



LOCAL

1.49 /lb
3.28/kg

Whole Raw Hazelnuts

180 g



LOCAL

8.99 /pkg

Farm Boy™ Sweet Apple Cider

2 L

- The ultimate fall beverage you can enjoy hot or cold.
- Crafted in Dundela, ON, using just one ingredient: orchard-fresh apples!
- Only available seasonally.

LOCAL



4.99 ea

Greenbelt Farms Salad Greens

all varieties, 113-142 g

- Locally grown, certified organic salad greens.
- Gently and sustainably harvested for superior quality and nutrition.
- Available in Arugula, Asian Mix, Baby Broccoli, Herb Medley, Romaine, Spring Mix, and Super Crunch.

LOCAL



Organic

BUY ONE, GET ONE 50% OFF

4.99 ea

Sweet & Juicy Clementines

product of Argentina/South Africa



2 lb BAG

3.99 /bag

Whole or Cored Golden Pineapples

product of Costa Rica



Kapi

5.99 ea

Zesper Gold or Green Kiwis

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



Only

3.99-4.99 /pkg

Dragonfruit

product of Ecuador/Vietnam



Only

2.75 ea

FRESH Floral Arriving Daily!

Aquatic Sunflowers in Vase



LOCAL

Save \$2 ea 18.00 ea

Premium Roses

1 dozen



Save \$3 ea 22.00 ea

Farm Boy™ Bounty Bouquet

A stunning
colourful
selection!



29.00 ea

Farm Boy™ Sunflower Bouquet



Save \$1 ea 19.00 ea

Harvest Table FAVOURITES



Farm Boy™
Fresh & Ready Soups
\$4.99-\$8.99 ea, 445-946 mL

- Hearty, nourishing, flavourful, and a stress-free starters!
- We make our soup from scratch in small batches with fresh, high-quality ingredients.



Farm Boy™
Charcuterie Platters for 2-3
\$19.99/pkg, 590 g

- A convenient appetizer, snack, or light dinner.
- Curated to satisfy your culinary tastes, each platter contains two cheeses, salami, honey, and fruit.

We've curated a selection of sweet and savoury products that are perfect for any holiday spread. From chef-prepared soups that bring homestyle comfort to ready-to-serve platters that make hosting effortless, you'll find everything you need at your neighbourhood Farm Boy!



Farm Boy™
Honeycrisp Apple Cider
\$4.99 ea, 1.5 L

- Vibrant and sweet, our cider is crafted exclusively from Canadian Honeycrisp apples.
- Free of artificial colours or flavours.



Farm Boy™
Family-Sized Salads
\$12.99 ea, 450-830 g

- Made fresh by us with crisp, fresh veggies and loaded with delicious toppings.
- Each salad includes one 118 mL Farm Boy™ Dressing or Vinaigrette.

Entertaining made easy!



Farm Boy™
Heat & Serve Appetizers
\$5.00-\$11.99/pkg, 200-575 g



Farm Boy™
Snackers
\$9.99/pkg, 320-490 g



Farm Boy™
Salted Caramel Apple Pie Bars
\$7.99/pkg, 420 g



Farm Boy™
Portuguese Custard tarts
\$7.99/pkg, 450 g



Farm Boy™
Organic Pickles
\$7.99 ea, 500 mL-1 L



Farm Boy™
Zero-Proof Cocktails & Non-Alcoholic Beer
\$2.49 ea, 355 mL



Farm Boy™
Pumpkin Spice Butter Tarts
\$7.99/pkg, 510 g



Farm Boy™
Éclairs
\$7.99/pkg, 240 g

Falling for Florals

Discover seasonal delight with our stunning selection of hand-arranged bouquets, fresh-cut flowers, and potted seasonal plants. Arriving in stores at their peak, they're an excellent choice for Thanksgiving tables, host gifts, or adding a touch of autumn to your décor. Bring home the long-lasting beauty of these gorgeous blooms today!



Orchard Bouquet

100 blooms, \$35 ea

- An abundant collection of the season's best florals.
- Arriving fresh to stores at peak quality!



Ceramic Pumpkin Arrangement

\$25 ea



Premium
Dracaena **Save \$5 ea**
in Metal Pot \$20 ea



Jumbo Bouquet

\$35 ea

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



Medium Bouquets

\$15 ea



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



Tri-Colour Fleurette

8" pot, \$12 ea



Harvest Bundle

\$25 ea

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



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!

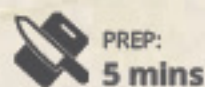


Happy Thanksgiving!

To everyone in our communities celebrating,
we wish you a joyous time filled with good
food, love, and togetherness.



Cheesy Creamed Kale



PREP:
5 mins



COOK TIME:
15 mins



SERVES:
4



DIFFICULTY:
Easy

[View Full Recipe Online](#)

Ingredients

1 Tbsp unsalted butter

¼ cup minced shallot (1 small shallot)

1 garlic clove, minced

Pinch of Farm Boy™ Organic Crushed Chili Peppers

1 1/3 cups whipping cream

8 packed cups thinly sliced kale, stems removed (about 7 large leaves)

Salt and pepper to taste

½ cup Farm Boy™ Cream Cheese Spread

½ cup shredded Parmigiano Reggiano cheese

Zest of half a lemon

Farm Boy™ Crispy Fried Onions for garnish

Directions

- 1** In a large skillet, melt butter over medium heat and add shallot and garlic. Cook until soft, about 2-4 minutes.
- 2** Add Farm Boy™ Organic Crushed Chili Peppers and whipping cream and bring to a boil.
- 3** Add kale and a pinch of salt and pepper, and cook, covered, over low heat, for 15 minutes, stirring often, until kale is very soft and cream has thickened.
- 4** Remove from the heat and stir in Farm Boy™ Cream Cheese Spread, Parmigiano Reggiano, and lemon zest. Stir until creamy.
- 5** Adjust seasonings and serve, garnished with Farm Boy™ Crispy Fried Onions.

**For meat lovers,
top with bacon bits
and toasted nuts.**



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.

Fulvi

Pecorino Romano

- Firm sheep's milk cheese with a feathery, granular texture and tangy, salty flavour.
- Crafted using ancient traditions in Lazio, Italy.
- Enjoy grated over pastas, shaved onto salads, or as part of a charcuterie board.



Try it with...

Farm Boy™
**Fresh Linguine
or Pappardelle** 
\$4.99 ea, 300 g

Farm Boy™
**Sugo di
Pomodoro**
\$6.99 ea, 680 mL

Farm Boy™
**Extra Virgin
Olive Oil**
\$24.99 ea, 2 L



LIMITED TIME ONLY!

Pear-*fectly* Ripe

Bartlett and 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](#)

Seasonal Salad Bar Menu



Fresh SALAD BAR

Dig into delicious, made-from-scratch salads prepared fresh daily by our chefs for your convenience. From classic pasta salads to vibrant, veggie-loaded favourites, we make mealtime satisfyingly easy!



Sicilian Tortellini Pasta Salad

Cheese-stuffed tortellini tossed in our tangy sundried tomato pesto.



Kale Pecan Crunch Salad

A bold, crisp salad dressed in our made-in-house Orange Ginger Vinaigrette.



Rainbow Slaw

Crunchy veggies, herbs, and pumpkin seeds tossed in our Lemon Garlic with Honey Dressing.



Herbed Pearl Couscous Salad

Fluffy couscous, vibrant veggies, and fresh herbs tossed in our signature dressing.



Leek & Potato Salad

A simple, hearty salad featuring our customer-favourite Lemon Garlic Dressing.

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.

my
Farm Boy
Salad Bar



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

