



Fresh harvest
SAVINGS
start here!



Cortland, Empire, McIntosh, or Spartan

Apples Canada Fancy Grade,
product of Canada



NEW CROP

129
/lb
2.84/kg



LOCAL

PKG
OF 4

Rainbow
Sweet Bell Peppers
product of Canada

399
/pkg

Excellent Value Delivered Fresh Daily!

Fletcher's
Thick Cut Smoked Bacon
product of Canada,
375 g

HOT DEAL!



399
/pkg

Fresh
Pork Back Ribs
cryovac pkg,
product of Ontario

HOT DEAL!



BBQ
ready!

499
/lb
11.00/kg

Save \$4/lb

Farm Boy™
Cooked Shrimp
frozen, 16-19
shrimp per bag,
21-25/lb count,
340 g

HOT DEAL!



Save \$5/pkg

899
/pkg

St-Albert Cheese Co-Op
Mild or Marble Cheddar
product of Canada



Cut or
sliced!

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

Fresh Baked
Homestyle Cookies
all varieties,
pkg of 12, 350-480 g



Save \$1/pkg

499
/pkg

Farm Boy™
Ontario Grown Tomatoes
all varieties, 796 mL

SWEET DEAL!



197
ea

Farm Boy™
Our Classic Macaroni & Cheese
frozen, 750 g

A FARM BOY
FRESH TWIST



A customer
favourite from
our hot bar!

Save \$1.22 ea

877
ea

Farm Boy™
Fattoush Chips all varieties, 190 g



Save \$1/pkg

399
/pkg

Simply
Juice or Limeade
all varieties, 1.54 L

SWEET DEAL!



Save \$1.32 ea

497
ea

Silk
Plant-Based Beverages
all varieties, 1.89 L



Vegan

Save \$1.80 ea

399
ea

Zevia
Zero Sugar Sodas
all varieties, 6x355 mL



Save \$1/pkg

699
/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 15 to Wed., October 21, 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

Farm Boy™ Italian Pork Meatballs

Hot or Sweet, made by us



Save \$1/lb

5⁹⁹
/lb
13.21/kg

Farm Boy™ Marinated Chicken Cutlets

all varieties, made by us with Canadian chicken



Save \$2/lb

10⁹⁹
/lb
24.23/kg

Cut from Canada AAA Beef Beef Short Ribs

Thick English Cut or Thin Flanken Slice, aged a minimum of 14 days



Save \$1/lb

14⁹⁹
/lb
33.05/kg

Cut from Canada AAA Beef Top Sirloin Medallions

aged a minimum of 21 days



Save \$4/lb

15⁹⁹
/lb
35.25/kg

Farm Boy™ Samosas

- Proudly prepared in Ontario with simple ingredients.
- Available baked or fried, with spiced meat or vegetarian-friendly fillings.
- No added preservatives, or artificial colours or flavours.

210-270 g



LOCAL

Save \$1/pkg

4⁹⁹-5⁹⁹
/pkg

Farm Boy™ Fresh & Ready Soups

A FARM BOY FRESH TWIST

- We make our soup from scratch in small batches with fresh, high-quality ingredients.
- Choose from classics like Italian Wedding, Minestrone, Carrot Ginger, and many more!
- Available in over 20 varieties, including vegan, vegetarian, and seasonal options!



Save \$1 ea

7⁹⁹
ea

Farm Boy™ Baguette Crisps

all varieties, 142 g



Save \$1/pkg

3⁴⁹
/pkg

Farm Boy™ Maple Creme Cookies

400 g



Save \$1.02/pkg

4⁹⁷
/pkg

Gay Lea Sour Cream

all varieties, 425-500 mL



Save \$.91-\$1.11 ea

3⁸⁸
ea

Viva Pure Organic Cold Pressed Juices

all varieties, 330 mL



No added sugars or colours.

3⁴⁹
ea

Stonemill Bakehouse Honest Wellness Breads

all varieties, 454-550 g



Wholesome and high-fibre!

Save \$1 ea

4⁷⁹
ea

Roar Electrolyte Beverages

all varieties, 532 mL



SWEET DEAL!

A variety of thirst-quenching flavours!

Organic

2⁷⁹
ea

Farm Boy™ Organic Pickles

all varieties, 500 mL-1 L



Save \$1.02 ea

6⁹⁷
ea

Farm Boy™ Gluten-Free Cheezy Pasta

all varieties, 170 g



Vegan

3⁹⁷
ea

This week's FRESH produce picks!

Baby Carrots

Canada No. 1 Grade, product of Canada, 340 g



1⁷⁵
/pkg

Mini Cucumbers

Canada No. 1 Grade, product of Canada



2⁵⁰
/pkg

Portabella Mushrooms

product of Canada



3⁹⁹
/lb
8.80/kg

Naked Leaf Living Lettuce

product of Canada



2⁹⁹
/pkg

arte* Salad Kits

all varieties, 315-359 g



BUY ONE, GET ONE FREE

5⁹⁹
ea

Curly or Italian Parsley

product of Mexico



Only 2/100

Collard Greens, Kale, Red or Green Chard

product of Canada



Only 1⁹⁹
ea

The Little Potato Co Creamer Potatoes

Canada No. 1 Grade, product of Canada, all varieties, 454-680 g



3⁹⁹
/pkg

Lemons

product of South Africa



3⁹⁹
/bag

Black Figs

product of Peru



Only 9⁹⁹
/base

Avocados

product of Mexico



5⁰⁰
/bag

Large Navel Oranges

product of South Africa



Only 1²⁹
/lb
2.84/kg

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.

Fresh from Farm Boy

Farm Boy™

Sweet Potato & Black Bean or Quinoa Veggie Chili

- Made from scratch daily in small batches by our chefs!
- Loaded with satisfying ingredients like sweet potatoes, protein-packed black beans, or nutrient-dense quinoa, all simmered with traditional spices.
- A convenient meal solution or side, simply heat and enjoy.

680 mL



Vegan

Save \$1 ea

6⁹⁹ ea



Farm Boy™

Shrimp Cocktail

- Tender, delicious shrimp cooked to perfection by our chefs.
- Served with our house-made Farm Boy™ Cocktail Sauce.

260 g, select locations only

Prepared fresh by us and ready to enjoy.



10 SHRIMP PER PACKAGE



7⁹⁹ ea

Cheese & Deli

Landana or Schärddinger

Red Wax Gouda or Edam Ball

cut or sliced at the Cheese Counter, product of Netherlands

SWEET DEAL!



2⁴⁹ /100 g

Farm Boy™

European Deli-Style Salami

all varieties, 125 g



LOCAL

BUY ONE, GET ONE 50% OFF

6⁹⁹ /pkg

Farm Boy™

Double Cream Brie

200 g, product of Canada



LOCAL

Save \$1 ea

6⁹⁹ ea

Beemster

Pumpkin Spice Gouda

product of Netherlands



4⁹⁹ /100 g

Brandt

Kolbassa Coils

all varieties, cut fresh at our Deli Counter



LOCAL

1⁹⁹ /100 g

Brandt

Oven Roasted Chicken Breast

sliced fresh at our Deli Counter



LOCAL

3⁴⁹ /100 g

Bake Shop

Farm Boy™

9" Homestyle Pies

- Tender pie crust with sweet, vibrant real fruit filling.
- Crafted with a simple recipe and quality ingredients.
- Proudly prepared by a women-led business in Stoney Creek, ON!

all varieties, 1.2 kg



Save \$1 ea

11⁹⁹ ea

LOCAL

From the Bake Shop

Sourdough Mini Boule

240 g, image is for illustrative purposes only

LOCAL



Make it a bowl to fill with our chef-made chili!

2⁶⁷ ea

Farm Boy™

Plant Based Strudels

all varieties, 400 g

Vegan



PKG OF 6

Save \$1/pkg

4⁹⁹ /pkg

Allergy Smart

Brownies, Cookies, or Oat Bites

196-264 g



LOCAL

Save \$1/pkg

6⁹⁹ /pkg

Farm Boy™

Taralli

all varieties, 250 g



LOCAL

Save \$1/pkg

4⁹⁹ /pkg

From the Bake Shop

Croissants

select varieties, 4-6 regular or 10-12 mini, 272-480 g



Save \$.50-\$1.50/pkg

4⁴⁹ /pkg

Supporting Breast Cancer Awareness Month Wings of Hope Bouquet

Beauty that gives!



20⁰⁰ ea

Classic

Calla Lily 4.5" pot

Exceptional quality.



Save \$2 ea

10⁰⁰ ea

Grocery

Farm Boy™ Cooking Oils

- Versatile Canola or Vegetable Oil for everyday cooking.
- High smoke point, making them ideal for frying and sautéing.
- Certified Kosher.

Canola or Vegetable, 946 mL



Save \$1.11 ea

4.88 ea

Better Than Bouillon Bases select varieties, 227 g



Save \$1 ea

8.99 ea

Chosen Foods Salad Dressings

all varieties, 237 mL



Save \$1 ea

8.99 ea



Gummy Rush Crunchers all varieties, 80 g



SWEET DEAL!

Bursting with
flavour, crafted
with care.

2/5.00

SkinnyPop Popcorn

all varieties,
125-150 g



Save \$1/pkg

3.99 /pkg

Barbara's Cheez Puffs all varieties, 155-198 g



Save \$1/pkg

3.99 /pkg

Farm Boy™ Gluten-Free Breads

- Traditionally prepared for a homestyle taste.
- High-fibre, low-sugar choice for toast, sandwiches, and more.
- Available in Pan Loaf or Sourdough varieties

Pan Loaves: \$6.99 ea,
Sourdough \$7.99 ea,
400 g



Save \$1 ea

6.99-7.99 ea

Oatly Oat-Based Beverages

select varieties, 946 mL



Vegan

Save \$1.50 ea

4.49 ea

Ceres 100% Juice Blends

all varieties,
1 L

Vibrant and
refreshing!



Save \$1 ea

3.99 ea

Dairy & Frozen

Farm Boy™ Organic Kombucha

- Locally handcrafted in small artisanal batches using only premium ingredients.
- Perfectly fermented for a rich blend of beneficial enzymes.
- Available to enjoy in seven full-flavoured options including Canadian Berry, Ginger, or Mango.

370 mL



Organic

Save \$1 ea

2.99 ea



Burnbrae Farms Naturegg Free Run Egg Whites 500 g



Save \$1 ea

5.49 ea

Organic Meadow Half & Half Cream

500 mL



Organic

4.99 ea

Henry's Gourmet Tempeh

all varieties, 200-250 g



Save \$1 ea

5.49 ea

Silk Coconut-Based Yogurt Alternatives

all varieties,
650 g



Save \$2.50 ea

5.99 ea

HOT DEAL!

Farm Boy™ Oat-Rageous Frozen Desserts all varieties, 500 mL



Vegan

Save \$1 ea

6.99 ea

Mush Overnight Oats all varieties, 148 mL



2.99 ea

Starbucks Coffee Enhancer

all varieties,
828 mL

Café-inspired
flavours!



Save \$1.02 ea

7.97 ea

Gay Lea Whipped Cream

all varieties,
225 g



Save \$1 ea

4.49 ea

Pumpkin Finds You'll Fall For!

Swing by our in-store Bake Shop and Frozen Department for sweet creations that celebrate all things pumpkin spice. Treat yourself, friends, and family to our signature seasonal Cruffie and Loaf Cake varieties, made by us daily, along with other indulgent favourites.



Made by hand in store!

Pumpkin Spice Cruffies

\$5.49/pkg, 335 g **Save \$.50/pkg**

- Our signature croissant-meets-muffin pastry gets the full pumpkin spice treatment for fall!
- Deliciously flaky layers encase a creamy pumpkin spice custard before being finished with a sprinkle of sugar.
- Grab a pack—or two—before these fresh-baked faves disappear!

Farm Boy™

Pumpkin Spice Loaf Cake

\$7.99 ea, 520 g

- Made from scratch in our bakery, this seasonal loaf cake is a fall favourite.
- Baked with real pumpkin, sweet dried cranberries, crunchy pumpkin seeds, and warm autumnal spices, it's a must-try!
- Enjoy with your morning tea or coffee or as a sweet ending to a harvest meal!



Farm Boy™

Pumpkin Spice Swiss Rolls

\$6.49/pkg, 400 g **Save \$.50/pkg**

- A locally made and nostalgic sweet treat with a seasonal twist!
- These rolls get their signature swirl from soft pumpkin sponge cake and fluffy vanilla frosting.
- Enjoy them on their own or served with a scoop of Farm Boy™ Gelato!

Farm Boy™

Pumpkin Pecan Crunch Pie

\$8.99 ea, 600 g

- Two beloved fall pie flavours unite into one glorious super-dessert!
- Dig into velvety smooth pumpkin pie filling topped with a layer of caramelized brown sugar pecans for a tasty texture explosion.
- Enjoy it served with a scoop of Farm Boy™ Ice Cream!



Farm Boy™

Pumpkin Spice Latte Oat-Rageous Frozen Dessert

\$6.99 ea, 500 mL

- This seasonal flavour is here for a limited time!
- Crafted in small batches with Canadian oats, this dairy-free frozen dessert will satisfy your seasonal flavour cravings.
- Proudly made in Ontario!



Pumpkin Patch Favourites

Fresh from Canadian farms, our unique assortment of high-quality pumpkins is perfect for decorating and cooking alike. From classic Jack O' Lantern Pumpkins to ghoulishly fun Blue Doll Pumpkins, we've brought the best of the patch in-store. Come on in and discover these fall favourites and more at excellent value!



Jack O' Lantern Pumpkins

- Large, sturdy pumpkins that are perfect for carving.
- A seasonal favourite for Halloween and festive décor.



Pie Pumpkins

- Smaller variety with naturally sweet, flavourful flesh.
- Overall the ideal choice for desserts or savoury fall recipes.



White Pumpkins

- A stunning option for elegant seasonal displays.
- Mild, tender flesh that can be prepared just like orange pumpkins.



One Too Many Pumpkins

- Eye-catching ornamental pumpkins with unique red veining.
- Roast the seeds for a crunchy snack or use the slightly sweet flesh in baking!



Cinderella Pumpkins

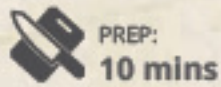
- Smooth, creamy flesh with a subtly sweet flavour.
- Excellent for soups, stews, purées, and pies.



Blue Doll Pumpkins

- Distinctive, visually striking blue-grey skin with deep ribbing.
- Long-lasting kept whole, it's dense, sweet, and great for cooking.

Baked Pears with Nutty Crumble Topping



PREP:
10 mins



COOK TIME:
35 mins



SERVES:
6



DIFFICULTY:
Easy

[View Full Recipe Online](#)

Ingredients

1/2 cup Farm Boy™ Old Fashioned Large Flake Oats

1/3 cup Farm Boy™ Almond Flour

¼ cup brown sugar

¼ cup Farm Boy™ Walnuts, finely chopped

½ tsp Farm Boy™ Organic Cinnamon

¼ tsp Farm Boy™ Ground Ginger

¼ tsp grated Farm Boy™ Nutmeg

¼ tsp salt

¼ cup + 1 ½ Tbsp butter
or Farm Boy™ Organic Coconut Oil, divided

3 large firm but ripe pears, halved and cored

Farm Boy™ Vanilla Vanilla Ice Cream, for serving

Directions

- 1 Preheat the oven to 375°F.
- 2 In medium bowl, combine Farm Boy™ Old Fashioned Large Flake Oats, Farm Boy™ Almond Flour, brown sugar, Farm Boy™ Walnuts, Farm Boy™ Organic Cinnamon, Farm Boy™ Ground Ginger, Farm Boy™ Nutmeg and salt.
- 3 With pastry cutter or a fork, work in ¼ cup butter until the mixture resembles coarse meal.
- 4 Place pear halves in ungreased baking dish. Melt remaining 2 tablespoons butter and brush over pears. Cover pan with foil and bake for 10 minutes. Reduce temperature to 350°F.
- 5 Remove the foil and divide topping amongst pears, pressing on it so it adheres. Bake for 25 minutes, or until pears are soft and the topping is golden brown. If you notice your pears are browning too fast, cover them with foil for the last 10 minutes.
- 6 Let cool slightly and serve with Farm Boy™ Vanilla Vanilla Ice Cream.



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](#)

Prepared fresh daily by us!

At the **Chef's Market**

Stop by our in-store Chef's Market and enjoy a delicious selection of hot, grab-and-go meals, all made from scratch daily by us. The perfect combination of excellent value and convenience, the hardest part is choosing what you want! Whether you're on a tight lunch schedule or looking to relax for the evening, we think you'll love our freshly prepared options.

Menu Feature of the Week: **Chicken Stir Fry** \$8.99 ea, 600 g

- Tender chicken with fresh bell peppers, bok choy, broccoli, and traditional stir-fry vegetables.
- Tossed with chili flakes, garlic, ginger, onions, Farm Boy™ Garlic Flowers, and savoury tamari sauce.
- Served with wholesome brown basmati rice for a complete, satisfying meal.
- Prepared fresh by the Farm Boy Chefs with our exclusive recipe!

Pick up your next takeout meal or enjoy a relaxing dine-in experience at your local Farm Boy!

**Grab
'n Go**



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

