Lest We Forget

Remembrance Day – Wednesday, November 11

Black or Red Seedless Grapes

No. 1 Grade, product of USA



2.99 /lb
6.59/kg



LOCAL

Bone-in, Skin-on
Split Chicken Breast
product of Canada

Tender and lean!

Save $1/lb

4.99 /lb
11.00/kg

Excellent Value Delivered Fresh Daily!

Rainbow
Sweet Bell Peppers
product of Canada

PKG OF 4



LOCAL

3.99 /pkg

Boneless
Pork Loin Roast
product of Ontario

HOT DEAL!



Ontario Pork

Save $3/lb

3.99 /lb
8.80/kg

Coho
Salmon Fillets
frozen or previously frozen, product of Chile, also available marinated for $10.99/lb ($24.23/kg)

SWEET DEAL!



Save $4/lb

9.99 /lb
22.02/kg

From the Bake Shop
Calabrese Bread
all varieties, 600 g

HOT DEAL!



Save $2 ea

2.99 ea

Farm Boy™
Popcorn
all varieties, 125 g

HOT DEAL!



Save $1 ea

2.49 ea

Lotus Foods
Rice Ramen Cakes
all varieties, 283 g

HOT DEAL!



Save $5/pkg

Organic

4.99 /pkg

Brandt
Smoked Black Forest Style Ham



Sliced fresh at our Deli Counter!

LOCAL

2.49 /100 g

Tropical Delight
Coconut Water
330 mL

HOT DEAL!



Case of 12 $14.99 Save $10

3/5.00

Snack Factory
Pretzel Crisps select varieties, 200 g



Perfect for snack mixes!

Save $1.50/pkg

4.49 /pkg

Tre Stelle
Cream Cheese
all varieties, 200 g



Save $1.80 ea

3.99 ea

Simply
Orange Juice all varieties, 1.36 L



Save $1.80 ea

5.49 ea

Farm Boy™
Perogies
all varieties, frozen, 454 g



LOCAL

Save $1.05/pkg

4.44 /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.

A FARM BOY FRESH TWIST

Discover what makes us different! Look for this mark in store.

FRESH SPECIALS IN EFFECT: Thurs., November 5 to Wed., November 11, 2026.

Prices valid at all Farm Boy stores. Specials subject to availability. Visit us in-store for many more great specials.
Visit farmboy.ca possible changes to store hours on Remembrance Day, November 11. 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™
Pork Schnitzel Rolls
all varieties, made by us



Save $1/lb

5.99 /lb
13.21/kg

Cut from Canada AAA Beef
Striploin Grilling Steaks
product of Canada



Cut and trimmed by our butchers.

Save $4/lb

22.99 /lb
50.68/kg

Cut from Canada AAA Beef
Boneless Beef Blade Roast



Aged a minimum of 14 days.

Save $2/lb

11.99 /lb
26.43/kg

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!

946 mL



Save $1 ea

7.99 ea

Farm Boy™
Peameal Style Sliced Bacon 500 g



6.99 /pkg

Farm Boy™
Chicken Nuggets & Strips 600 g



Save $1/pkg

12.99 /pkg

Aqua Star
Popcorn Shrimp 500 g

BUY ONE, GET ONE 50% OFF



9.99 /pkg

Chef's Market

This week's FRESH produce picks!

Greenbelt Farms
Salad Greens
all varieties, product of Canada, 113-142 g

BUY ONE, GET ONE 50% OFF



4.99 /pkg

Green or Red
Cabbage Canada No. 1 Grade, product of Canada



.79 /lb
1.74/kg

Brussels Sprouts
Canada No. 1 Grade, product of Canada



Only 2.88 /lb
6.35/kg

Sweet Potatoes
product of Canada



1.49 /lb
3.28/kg

Avocados product of Mexico



5.00 /bag

Sweet & Juicy
Blueberries No. 1 Grade, product of Peru, 170 g



3.99 /pkg

Dragon Fruit
product of Ecuador/Vietnam



2/5.00

Rocha Pears
Extra Fancy Grade, product of Portugal



Only 3.00 /bag

Lemons product of South Africa



Only 3.99 /bag

Empire Apples
Canada Fancy Grade, product of Canada



5.99 /basket

Blood or Cara Cara Oranges product of Australia



Only 2.44 /lb
5.38/kg

Whole or Cored
Golden Pineapples
product of Costa Rica



5.99 ea

Long Chips
Mashed Potato Snacks
all varieties, 75 g

HOT DEAL!



Available in six delicious flavours like Bacon and Honey BBQ!

2/4.00

St. Dalfour
Fruit Spreads
all varieties, 225 mL



Save $1.50 ea

5.99 ea

Dempster's
Bagels all varieties, pkg of 5-6, 450-510 g



Save $1-$1.20/pkg

3.79 /pkg

Burnbrae Farms
Natures Best or Naturegg Simply Egg Whites
1 dozen or 500 g



Save $1-$1.20 /pkg or ea

4.99 /pkg or ea

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

SWEET DEAL!



2.27 ea

Rao's Homemade
Authentic Pasta Sauces
all varieties, 660 mL

SWEET DEAL!



Save $4 ea

9.99 ea

Farm Boy™
Avocado Oil 750 mL

SWEET DEAL!



Save $3 ea

9.99 ea

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

Proudly crafted in Canada!



Vegan

Save $1 ea

3.99 ea

Fresh from Farm Boy

Farm Boy™
Fresh Pesto

A FARM BOY FRESH TWIST

- Enjoy the classic taste of fresh-made pesto!
- Made by us with simple ingredients.
- Try it added to pasta, salads, and more.

$6.99 ea, 180 mL, Basil or Vegan



Farm Boy™
Fresh Pasta

- An authentic taste of Italy in your own kitchen!
- Made in Ontario with an Italian recipe using durum semolina flour.
- A perfect pairing with our Fresh Pesto or Pasta Sauces.

$4.99-$5.99 ea, 300 g, Gnocchi, Butternut Squash, Mushroom, Leek & Truffle, Spinach & Ricotta Ravioli, Beef or Cheese Tortellini, Pappardelle, or Linguine



Cheese & Deli

Schärdinger
Smoked Emmenthal
cut or sliced, product of Austria



2.99 /100 g

Piller's
Smoked Deli Meats
all varieties, 125-175 g



LOCAL

4.99 pkg

Saputo
Mozzarella Fresca 190 g



Save $1 ea

5.99 ea

Frico
Dutch Gouda
all varieties, discount applied at checkout, $2.99/100 g, product of Netherlands



Save 25%

Hayter's Farm
Turkey Breast Roast
all varieties, sliced fresh at our Deli Counter



LOCAL

3.49 /100 g

Halenda's Fine Foods
Dry Cured Sausages
all varieties, 275 g



Save $1 ea

8.99 ea

Bake Shop

BeaverTails
Avalanche Cookies
baked fresh in store, 320 g

Also available in 3 other iconic flavours!



Save $1/pkg

6.99 /pkg

From the Bake Shop
Wide Slice Sandwich Bread
all varieties, 500 g



LOCAL

Save $1 ea

3.49 ea

Nova Era
Muffins all varieties, 400 g



Save $1/pkg

LOCAL

4.99-5.99 /pkg

From the Bake Shop
Mini Strudels
all varieties, 380-400 g



LOCAL

Save $1/pkg

4.99 /pkg

From the Bake Shop
New York-Style Bagels
all varieties, pkg of 6, 648-768 g



Save $1.50/pkg

3.99 /pkg

From the Bake Shop
Croissants select varieties, pkg of 4-6 regular or 10-12 mini, 272-396 g



LOCAL

4.99 /pkg

Premium
Roses
1 dozen

Gorgeous assortment at excellent value!



Save $5 ea

20.00 ea

Medium Bouquets

Long-lasting vase life!



Save $1 ea

14.00 ea

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. **Product selection may vary by store.**

Grocery

Farm Boy™
100% Fruit Juices

- Crafted from 100% pure fruit juice—not from concentrate.
- Free of added flavours, sugars, or preservatives.
- Available in Blueberry, Pomegranate, Raspberry, or Sour Cherry.

1 L



Save $1 ea

4.99 ea

Cache Cuisine
Gourmet Baking Mixes
454-908 g

No artificial colours or flavours!



Save $1 ea

3.99-4.99 ea

Farmer's Market
Organic Pumpkin
all varieties, 398 mL



Save $1 ea



organic

5.99 ea

Jordans
Morning Crisp Cereals
all varieties, 375-400 g



Save $1 ea

6.99 ea

Balzac's
Coffee Beans
all varieties, 300-340 g



Save $4-$5 ea

14.99 ea

Allergy Smart
Cookies
all varieties, 140 g

Vegan



Save $1/pkg

4.99 /pkg

Rizopia
Brown Rice Pasta & Lasagna all varieties, 340-454 g



Save $1/pkg

2.29-2.99 /pkg

Farm Boy™
Tea



- A comforting brew for every occasion!
- Crafted with a high-quality blend of aromatic ingredients.
- From robust English Breakfast to soothing Chamomile, each of our seven varieties is sure to become your new tea-time favourite!

all varieties, 20 ct

Brianna's
Homestyle Dressings
all varieties, 296-355 mL

Vibrant, tangy, homestyle taste!



Save $1 ea

6.99-7.99 ea

Maille
Mustards all varieties, 200-500 mL



Save $1 ea

4.99-8.99 ea



Save $1/pkg

3.99 /pkg

Dairy & Frozen

Farm Boy™
Organic Tofu

Vegan

- Crafted in Canada from organic soybeans.
- Excellent in stir-fries, soups, and more.
- Now available in five varieties, including Silken.

all varieties, 350-500 g

organic

3.49 ea

Yves Veggie Cuisine
Plant-Based Grounds
all varieties, 340 g



Save $1 ea

4.99 ea

Gusta
Pizzaroni Seitan Stick
200 g



Vegan

Save $1 ea

4.99 ea

Henry's
Gourmet Tempeh
all varieties, 200-250 g



Save $1 ea

5.49 ea

Lightlife
Smart Bacon
142 g

Vegan



Save $1/pkg

4.99 /pkg

Neilson
Sour Cream all varieties, 500 mL



4.44 ea

Neilson
Whipping Cream 473 mL



4.27 ea

Neilson
Chocolate or Strawberry Milk 1 L



Nostalgic flavours!

3.29 ea

Neilson
Lactose Free Milk
all varieties, 2 L



Easy to digest!

6.99 ea

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New Finds

Only at Farm Boy!

A trip to your local Farm Boy brings a fresh twist with every visit. Discover our handpicked assortment of products we think you'll love. It's just one of the ways we deliver **excellent value** through high-quality, curated offerings.



Farm Boy™

Cacio e Pepe Pasta Sauce

$5.99 ea, 680 mL

- Rich, creamy, gluten-free sauce inspired by a classic Italian recipe.
- Crafted with Pecorino Romano cheese and bold black pepper.
- Made in Canada by our trusted partners.



Farm Boy™

Churro Bites

$9.99/pkg, 360 g

- Bite-sized churros with an indulgent dulce de leche filling.
- A deliciously convenient dessert crafted using a classic recipe.
- Ready in just 5–7 minutes in an air fryer!



Farm Boy™

Tteokbokki

$3.49 ea, 150 g

- Korean-style chewy rice cakes in a rich, spicy sauce.
- Ready to heat and enjoy in just two minutes!
- Available in Original or Spicy Cheese flavours.



Farm Boy™

Mini Potato Latkes

$6.99/pkg, 400 g

- Crafted using simple ingredients and a traditional recipe.
- Mini pancakes made from shredded potatoes and onions.
- Ready to enjoy—just heat and serve.



Farm Boy™

Chocolate Cake

A FARM BOY FRESH TWIST™

$5.99, 575 g

- Moist, tender cake topped with a velvety cocoa-flavoured frosting.
- Crafted by us and baked fresh daily for the best quality.
- Made with our exclusive recipe and decadent flavours.

FARM BOY PICKS

Here for holiday parties, festive dinners, and more, discover a curated selection of products we think you'll love! Hand-selected by us for the best quality and excellent value.

Farm Boy™

Double or Triple Cream Brie

- Soft cow's milk cheeses with buttery texture and rich, creamy flavour.
- Crafted in small batches in Ontario using 100% Canadian milk.
- Ideal for gourmet appetizers, charcuterie boards, and served warm.

Double Cream Brie: $7.99 ea, 200 g, Triple Cream Brie: $11.99 ea, 300 g



Try it with...

Farm Boy™
Rosette de Lyon
$8.99 ea, 125 g

Farm Boy™
Jellies and Compotes
$5.99-$6.99 ea, 150 g or 185 mL

From the Bake Shop
Sourdough Baguette
$3.99 ea, 325 g



Happy Diwali!

To those celebrating in our community,
we wish you a wonderful time filled
with warm gatherings and love.



Diwali Delights!



Pomegranates
$3.99 ea, product of USA



Green & Red Thai Chilis
$6.99/lb ($15.41/kg), product of Dominican Republic



Okra
$3.99/lb ($8.80/kg), product of Honduras



Blackbell Eggplants
$2.99/lb ($6.59/kg), product of USA



Save $1 ea

Farm Boy™
Indian Cooking Sauces
$5.99 ea, 450 mL



Save $.50/pkg

Farm Boy™
Naan or Naan Bites
$3.49/pkg, 200–500 g



Save $.50 ea

Farm Boy™
Non-GMO Beans
$2.49 ea, 398 mL



Save $.50 ea

Tilda
Basmati Rice
$7.49 ea, 907 g



Save $.50/pkg

Farm Boy™
Mung Dal & Saag Paneer
$3.29/pkg, 284 g



Save $.50/pkg

Farm Boy™
Roti
$3.49/pkg, 750 g



Save $1 ea

Farm Boy™
Poppadom Crisps
$3.99 ea, 114 g



Save $1- $2 ea

Arvinda's
Spice Blends
$6.99–$11.99 ea, 5–70 g



Save $1.49 ea

Tropical Delight
Coconut Water
2/$7.00, 1 L



Save $.50/pkg

Deep
Jeera Wafers
$1.99/pkg, 200 g



Save $1/pkg

Farm Boy™
Crunchy Cookie Tubs
$6.99/pkg, 454 g



Save $1 ea

Farm Boy™
Sunflower Oil
$8.99 ea, 1 L



Save $1 ea

Ceres
Fruit Juices
$3.99, 1 L



Save $1/pkg

Farm Boy™
Chopped Spinach
$3.99/pkg, 500 g



Save $1.30 ea

Astro
Yogurt
$3.99 ea, 750 g



Save $2 ea

Sheldon Creek Dairy
Ghee
$9.99 ea, 250 g

Red Lentil Dal

PREP: 10 mins | COOK TIME: 30 mins | SERVES: 4 | DIFFICULTY: Easy

View Full Recipe Online

Ingredients

1 cup Farm Boy™ Red Lentils, rinsed

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

1 Tbsp Farm Boy™ Virgin Cold Pressed Sunflower Oil or butter

1 ½ cups diced onion

3 garlic cloves, minced

1 Tbsp minced ginger

2 long green hot chilies, minced (seeded if you want less heat), plus more for garnish

½ Tbsp Farm Boy™ Organic Mild Curry Powder

1 tsp black mustard seeds, optional

½ tsp Farm Boy™ Organic Ground Coriander

¼ tsp Farm Boy™ Organic Ground Cumin

½ tsp salt, or to taste

1 ½ cups chopped Roma tomatoes

Cilantro leaves for garnish

Cooked basmati rice, for serving

Farm Boy™ Whole Wheat Naan, for serving

Directions

1. In a large saucepan, place Farm Boy™ Red Lentils and Farm Boy™ Organic Low Sodium Vegetable Broth. Bring to a boil, then turn down to simmer. Remove any foam that rises to the top as it simmers. Cook, partially covered, until lentils are tender, about 15-18 minutes.
2. While lentils cook, heat Farm Boy™ Virgin Cold Pressed Sunflower Oil in a large skillet over medium-high heat. Add onion, garlic, ginger, and chilis and cook, stirring often, until softened, about 5 minutes.
3. Add Farm Boy™ Organic Mild Curry Powder, mustard seeds (if using), Farm Boy™ Organic Ground Coriander, Farm Boy™ Organic Ground Cumin, and salt. Cook for 1 minute, then add Roma tomatoes. Cook for 7-10 minutes, until tomatoes break down and become saucy.
4. Add tomato spice mixture to cooked lentils and mix in. Simmer for 5 minutes.
5. Garnish with cilantro leaves and sliced chilies. Serve with basmati rice and Farm Boy™ Whole Wheat Naan.

For creaminess, add some Farm Boy™ Organic Coconut Milk.





Lest We Forget

We remember the brave men and women who volunteered, sacrificed, served, fought, and died, for our freedom. We also remember those that continue to serve our country today. We will never forget. We will remember you.

Visit **farmboy.ca**/stores
for holiday schedules.

Packed with PROTEIN

Come on in and discover a wholesome assortment of ready-to-enjoy meals, dishes, and ingredients at our Hot Bar and Salad Bar that make meal planning a breeze. From breakfast grab-and-go favourites to locally sourced chicken roasted to perfection, fuel your day with our protein-packed selection. Delicious, convenient, and prepared fresh daily by our chefs for you!



Globally Inspired Bowls

Farm Boy™

Thai Sesame Salmon Bowl

- Personal-sized meal prepared fresh daily by our chefs.
- Tender salmon with a sweet Thai-style sauce, green onion rice, French green beans, and kale.
- Part of our Globally Inspired Bowls, including varieties like Butter Channa, Lamb Curry, Fiesta Chicken, and Roast Beef.



Personal Salads

Farm Boy™

Personal Power Protein Salad

- Made by us with fresh, simple ingredients for a wholesome meal.
- Crisp lettuce, spinach, and red cabbage paired with hearty black beans, sweet potato, and quinoa.
- Complete with grilled chicken, a hard-boiled egg, and 44 mL of Farm Boy™ Dressing.

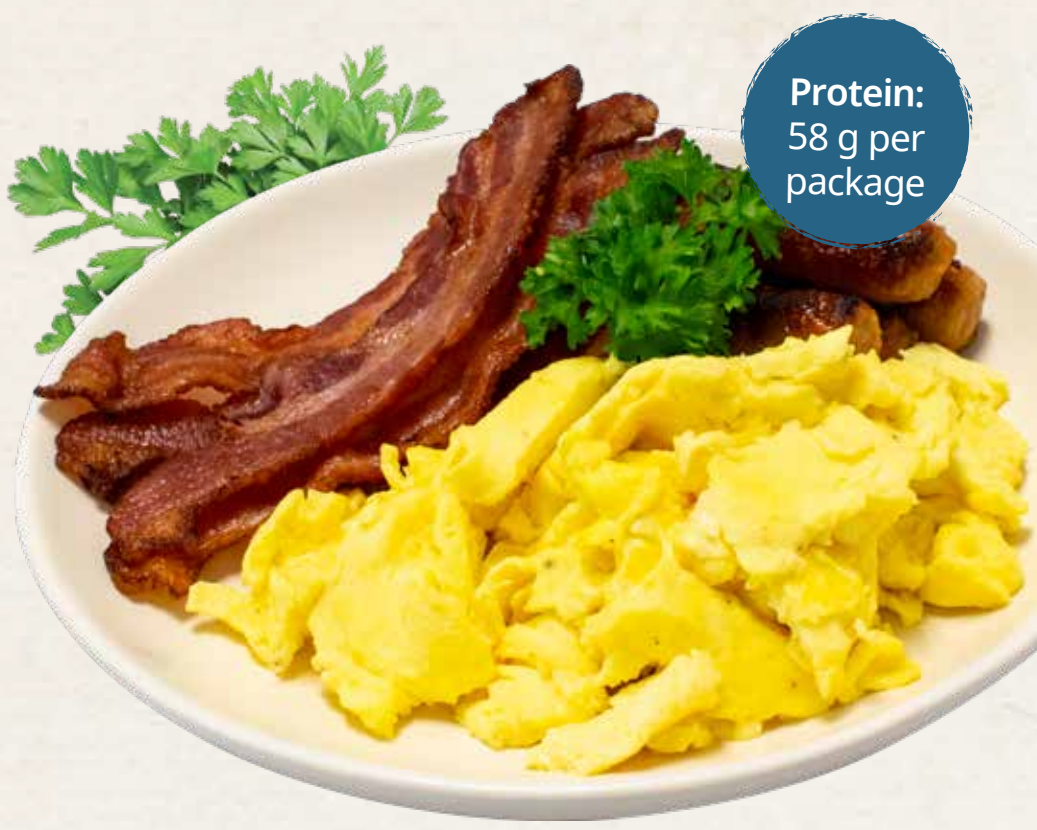


Personal Salads

Farm Boy™

Keto Chicken Cobb Personal Salad

- Filled with classic, wholesome ingredients.
- Grilled chicken breast, romaine lettuce, spinach, egg, tomatoes, onions, Monterey Jack cheese, and bacon.
- Made fresh by us daily.



Keto Packaged Breakfast

- Fluffy scrambled eggs, crispy bacon, and juicy sausages.
- We use wholesome, protein-rich Canadian eggs.
- Cooked fresh for your convenience—just grab and go!

"A Farm Boy Fresh Twist" on Family Shopping

A FARM BOY FRESH TWIST™

A fun, fresh-market experience.



Always excellent value.

With quality, convenience, and excellent value as our cornerstones, families can trust in the knowledge of getting the most bang for their buck.

A source of inspiration.

We love our communities! In-store events, giveaways, live entertainment, and more transform grocery shopping from an errand into something fun.



A friendly, welcoming atmosphere.

We make grocery shopping simpler, with a kid-friendly store featuring appearances by our mascots Mikey the Monkey, Lulu the Cow, and Buddy the Dog, as well as easy-to-navigate layout, great pricing on quality items, and a little touch of magic in the everyday.

Wholesome and abundant.

Our stores are stocked with high-quality produce that gets you closer to the farm, convenient mealtime solutions, curated items we think you'll love, and more.



Learn More