FARM BOY

Celebrating 45 Years of FRESH

45 Years Of Our Fun, Fresh-Market Experience!

EST. 1981 Cornwall, ON

HOT DEAL!



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

2.45 /pkg

HOT DEAL!



Blue Ribbon
Lean Ground Beef
454 g

5.45 /pkg

Excellent Value Delivered Fresh Daily!

Broccoli Crowns or **Iceberg Lettuce**
Broccoli Crowns: $2.45/lb ($5.40/kg),
Iceberg Lettuce: $2.45 ea, No. 1 Grade,
product of Mexico/USA



2.45 /lb or ea

Skin-On
Chicken Drumsticks
product of Canada

LOCAL



3.45 /lb
7.61/kg



HOT DEAL!

Farm Boy™
Raw Wild Caught Argentinian Shrimp
15-23 shrimp per bag, frozen, 23-30/lb count, 340 g

Lowest price of the year!
Save $5.54/pkg

7.45 /pkg

Canadian
Monterey Jack
cut fresh at our Cheese Counter, product of Canada

HOT DEAL!



Save $2.04/100 g

2.45 /100 g

Simply
Orange Juice 1.36 L



Save $1.84 ea

5.45 ea

Traditional
Portuguese Custard Tarts
all varieties, 450 g

SWEET DEAL!



Save $2.54/pkg

6.45 /pkg

Farm Boy™
Grain Breads
all varieties, 600 g

SWEET DEAL!

Loaded with wholesome seeds & grains!



Save $1.04 ea

3.45 ea

Farm Boy™
Perogies
all varieties, frozen, 400-454 g



Save $1.04/pkg

4.45 /pkg

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

SWEET DEAL!



3.45 ea

Farm Boy™
Passata 720 mL

SWEET DEAL!



Made with one ingredient: tomatoes!

2.45 ea

Armstrong
Cheese Bars all varieties, 400 g



Lowest price of the year!
Save $2.84 ea

5.45 ea

Farm Boy™
Non-GMO Beans
all varieties, 398 mL

SWEET DEAL!



2.45 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.

A FARM BOY FRESH TWIST

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

FRESH SPECIALS IN EFFECT: Thurs., November 26 to Wed., December 2, 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
made by us, all varieties



Save $1/lb
5.99 /lb
13.21/kg

Farm Boy™
Stuffed Chicken Breast
all varieties, product of Canada



Made by us!
Save $1/lb
9.99 /lb
22.02/kg

Fresh
St. Louis Style Pork Side Ribs
cryovac package, product of Ontario

SWEET DEAL!



Save $2/lb
4.99 /lb
11.00/kg

Cut from Canada AAA Beef
Striploin Grilling Steaks
product of Canada



Aged a minimum of 14 days.
Save $4/lb
22.99 /lb
50.68/kg

Cut from Canada AAA Beef
Hip Stewing Beef
aged a minimum of 14 days



Save $3/lb
10.99 /lb
24.23/kg

Fresh, Boneless
Rainbow Trout Fillet
product of Canada



Save $2/lb
12.99 /lb
28.64/kg

Chef's Market

Farm Boy™
Family Size Fresh Soup

A FARM BOY FRESH TWIST

- We make our soup from scratch in small batches with fresh, high-quality ingredients.
- Choose from classics like Chicken Noodle, Cream of Tomato, Potato Leek, and many more.
- Available in over 20 varieties, including vegan, vegetarian, and seasonal options!

946 mL



Save $1 ea
7.99 ea

Dempster's
7" Tortillas
all varieties, 272-340 g

SWEET DEAL!



Save $1.44/pkg
3.25 /pkg

Farm Boy™
Gnocchi
select varieties, 500 g

SWEET DEAL!



1.77 /pkg

Farm Boy™
Pickles
select varieties, 1 L

SWEET DEAL!



Save $1.02 ea
3.97 ea

Farm Boy™
Sour Cream
14% or 18% M.F., 500 mL



Save $1-$1.20 ea
3.29 ea

Farm Boy™
Maple Creme Cookies
400 g



Save $1.02/pkg
4.97 /pkg

Farm Boy™
Cold Pressed Extra Virgin Olive Oil 1 L



Save $2 ea
12.99 ea

Farm Boy™
Sourdough Crackers
all varieties, 150 g



4.47 /pkg

Liberté
Greek Yogurt
all varieties, 1 kg



Save $1 ea
8.99 ea

This week's FRESH produce picks!

Pomegranates
product of USA



Only
Arils also available!
2.99 ea

Vanilla Persimmons
product of Spain



Sweet, tender, and delicious!
3/5.00

Honeycrisp Apples
Canada Fancy Grade, product of Canada



Only
5.99 /bag

Meyer Lemons
product of USA



3.99 /bag

Abate, Forelle, or Rocha Pears
Extra Fancy Grade, product of Italy/Portugal/South Africa

2.99 /lb
6.59/kg

Eggplant or Green Zucchini
product of Mexico

Only
1.99 /lb
4.39/kg

The Little Potato Co
BUY ONE, GET ONE 50% OFF
Creamer Potatoes
Canada No. 1 Grade, product of Canada, all varieties, $4.50/pkg, 454-680 g

Kale
product of Canada

Only
1.99 /bunch

Ginger Root
product of China

1.98 /lb
4.36/kg

Seedless Cucumbers
No. 1 Grade, product of Canada/Mexico

1.99 ea

Green Onions
No. 1 Grade, product of Mexico

Mild & subtly sweet!
2/3.00

Hazelnuts
product of Canada, 180 g

Only
7.99 /pkg

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™
Classic Chicken or Savoury Meat Pie

- Baked in a golden pastry crust, these just-like-homemade pies are one step to dinner for the whole family.
- Just pop in the oven, then enjoy with a side salad for good measure.
- Proudly prepared in Canada.

550 g





Save $1/pkg

8.99 /pkg

Farm Boy™
Chicken & Biscuits Family Faves

A FARM BOY FRESH TWIST™

- Made fresh in our kitchen with tender chicken and garden veggies in a creamy sauce, topped with pillowy buttermilk biscuits.
- Also available in Butter Chicken or Penne & Meatballs.

Chicken & Biscuits: $19.99 ea, 1.23 kg

Excellent value for a family of 4!



Cheese & Deli

El Atrio
Manchego
product of Spain



Made with sheep's milk and naturally aged for 6 months!

4.79 /100 g

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





A locally-made lunchbox favourite!

3.49 /100 g

Prima Donna
Gouda
product of Netherlands



Extra mature & full-bodied!

3.79 /100 g

Tre Stelle
Mozzarella Ball
product of Canada, 340 g



Save $1 ea

6.99 ea

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



1.99 /100 g

Blue Danube
Smoked Homemade Ham
sliced fresh at our Deli Counter



3.49 /100 g

Bake Shop

Farm Boy™
Chocolate Brownies
570 g

Made from SCRATCH



Save $1 ea

8.99 ea

Farm Boy™
Cinnamon Raisin Bread
650 g

Made from SCRATCH



Save $1/pkg

5.99 /pkg

From the Bake Shop
8" Apple Pie
750 g



Save $1 ea

6.99 ea

Handmade In-Store
Cruffies
all varieties, 335 g



Save $1/pkg

4.99 /pkg

Farm Boy™
Garlic Pull-Apart Rolls
6x65 g

Made from SCRATCH



Save $1/pkg

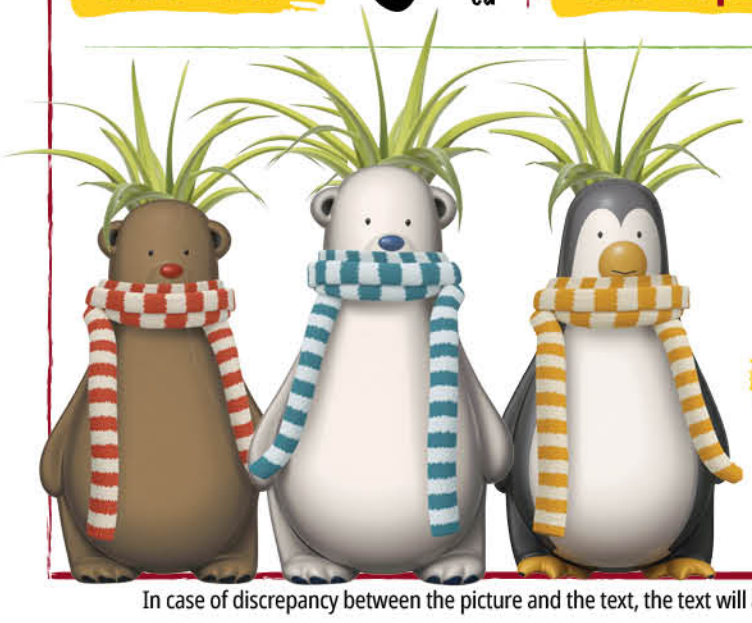
4.99 /pkg

From the Bake Shop
Pretzels
170 g



Save $1/pkg

2.49 /pkg



Winter Crew
Air Plants

Unique and easy to care for!

Save $2 ea

12.00 ea

Farm Boy™
Bounty Bouquet



The perfect hosting gift!

Save $1 ea

28.00 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.**

Holiday Baking Headquarters

Farm Boy™
All Purpose or Whole Wheat Flour

- Your recipes deserve these top-quality Canadian flours!
- Available in All-Purpose (enriched and pre-sifted) or Whole Wheat varieties.

2.5 kg





SWEET DEAL!

Certified Kosher!

Save $1.50 ea

5.49 ea

Bob's Red Mill
Super-Fine Almond Flour
453 g



Save $3-$4 ea

15.99 ea

Cache Cuisine
Gourmet Baking Mixes
454-908 g

No artificial colours or flavours!



Save $1 ea

3.99-4.99 ea

Wholesome
Raw Cane Turbinado Sugar 680 g



Organic

Save $1 ea

8.99 ea

Reynolds
Unbleached Parchment Paper 35 ft



Save $1 ea

3.49 ea

Simply Organic
Flavoured Extracts & Oils all varieties, 59 mL



Organic

Enhance your baked goods!

Save $1-$2 ea

7.99 ea

Farm Boy™
Raw Walnuts or Pecans
125-150 g



4.47-7.47 ea

Chocolats Favoris
Mini Chocolate Fondue

- Rich, decadent, and ready in just one minute.
- Crafted with real cream and sustainable cocoa—no added oil!
- Excellent with fruits, baked treats, and more.

all varieties, 85 g





Save $1 ea

5.49 ea

Farm Boy™
Large Flake Oats
750 g



Organic

5.49 /pkg

Enjoy Life
Dairy-Free Semi-Sweet Chocolate Mega Chunks or Mini Chips, 255 g



Save $1/pkg

8.99 /pkg

The Bake Necessities

The Devon Cream Company
English Clotted Cream

- Silky smooth and rich with 55% milk fat.
- Crafted with 100% British milk.
- Enjoy on scones, fresh berries, pies, tarts, and more.

170 g



Save $1.50 ea

8.49 ea

Lovo
Free Run Eggs
Canada Grade A, 1 dozen



Save $1/pkg

6.99 /pkg

Neilson
Milk 1%, 2%, or 3.25%, 1 L



Save $1-$1.20 ea

2.79 ea

Gay Lea
Butter Salted or Unsalted, 250 g



Save $1 ea

5.49 ea

Philadelphia
Cream Cheese 250 g



Made with Canadian dairy!

Save $1 ea

5.99 ea

Farm Boy™
Deep Dish Pie Shells
340 g



Save $1/pkg

3.99 /pkg

Farm Boy™
Butter Puff Pastry
450 g



Save $1/pkg

4.99 /pkg

Farm Boy™
Phyllo Pastry
454 g



Save $1/pkg

2.99 /pkg

Farm Boy™
Cheesecakes Basque- or Japanese-Style, 500 g



Save $1 ea

12.99 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.**

Thank you for 45 years of FRESH

Our fun, fresh-market experience began with a **single store in Cornwall** and a simple commitment to serving our communities with good food from good neighbours. **With 53 locations across Ontario and counting,** we're grateful for the customers, Team Members, and vendor partners who have helped shape the Farm Boy story. As we celebrate this milestone year, we want to **thank you** for being part of our continued growth!

Growing, one community at a time.

It all started with a simple idea: bring people the **freshest produce possible** at excellent value. On December 2, 1981, Jean-Louis and Colette Bellemare opened the doors to a modest 300-square-foot produce store on Cumberland Street in Cornwall, ON.





Good food, excellent value, and good neighbours.

We believe that excellent value is about more than a price tag. It's about quality, freshness, **thoughtfully selected products,** and the little discoveries that make every shopping trip worthwhile.

Come on in—there's always so much fresh to discover at Farm Boy!

Enjoy clean, convenient, and easy-to-navigate stores filled with local and international selections to suit any dietary preference. Our Team Members are **ready to lend a helping hand,** answer questions, offer a friendly smile, and help make every visit a pleasure.



The Farm Boy Essentials

Thank you for 45 Years of FRESH

The Farm Boy **fresh-market experience** is all about offering customers quality products that excite, inspire, and delight. From locally crafted specialties to carefully curated finds, we're committed to bringing you good food from good neighbours. At the heart of it all is our ever-expanding Private Label, featuring everyday favourites alongside unique items you won't get anywhere else!



Farm Boy™

Our Original Lemon Garlic Dressing

$5.99 ea, 350 mL

- Crafted with only 5 ingredients—pure olive oil, fresh lemon juice, garlic, salt, and black pepper—this dressing is anything but basic!
- Proudly prepared in Ontario.
- Bring to room temperature before serving on salads or roasted veggies, or try it as a marinade.



Farm Boy™

Chocolate Covered Double Roasted Almonds

Was ~~$8.49/pkg~~, **NOW $6.99/pkg, 275 g**

- Our almonds are double roasted to bring out their best flavour, then coated in a rich layer of Callebaut chocolate.
- We tested a lot of samples to find the perfect ratios, creating the yummiest treat possible.
- Proudly prepared in Canada.



Farm Boy™

Pure Ontario Maple Syrup

$13.99 ea, 500 mL

- Proudly produced on a five-generation family farm in Ontario.
- Try it for more than breakfast: whisk it into dressings, drizzle it on roasted tomatoes, or stir it into cocktails or baking in place of sugar.
- A true staple of Canadian food culture!



Farm Boy™

Garlic Flowers

$5.99, 190 mL

- Our Garlic Flowers are fermented in oil and ready to go whenever you need them.
- Talk about convenient—just open the jar and add them to your favourite recipes.
- Proudly crafted in Canada.



Farm Boy™

Carbonated Mineral Water

$1.79 ea, 355 mL

- Sparkling and so sippable, our carbonated water is super refreshing with fine bubbles.
- Delicious with citrus and ice, or use in your favourite cocktails.
- Proudly bottled in Canada.

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.**

Monthly Hot Bar Menu

HOLIDAY TABLE FAVOURITES

Our chefs have crafted a delicious menu inspired by the festive flavours of the season—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 bring homestyle comfort!



Roasted Turkey Breast with Gravy

Succulent Ontario turkey and Farm Boy™ Turkey Gravy.



Ham with Honey Mustard Sauce

Juicy glazed Ontario ham with a creamy honey mustard sauce.



Chive Mashed Potatoes

Smooth, perfectly seasoned, and finished with fresh chives.



Cranberry Apple Sausage Stuffing

Made with fresh apples and our Artisan Sausage.



Roasted Carrots

Roasted until tender and simply seasoned.

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

FARM BOY®

COMPLETE CHRISTMAS DINNER



Includes A Treat from our Chefs!

SERVES 6-8 PEOPLE



DON'T FORGET TO ADD DESSERT!

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 to complete your meal:

Chive mashed potatoes	Cranberry apple sausage stuffing	Sliced Brussels sprouts	Roasted baby carrots



2 Hour Cooking Time Required

ALL PICTURES SHOWN ARE FOR ILLUSTRATION PURPOSES ONLY.

PRE-ORDERS CLOSE:
December 16

PICK-UP DATES:
December 23–24

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

CHRISTMAS
DINNER FOR TWO

This Christmas, enjoy restaurant quality dining at home with this incredibly priced 4-course meal designed by the Farm Boy Chefs.

Simply **pre-order in-store or online** for pickup, follow the heating instructions, and enjoy!



MENU

Sweet Potato & Parsnip Soup
Apple Compote

Beet and Goat Cheese Salad with Mandarins

Roast Turkey Breast
Cranberry, Apple, and Sausage Stuffing
Chive Mashed Potatoes
Roasted Whole Baby Carrots
Sliced Brussels Sprouts
Turkey Gravy
Cranberry Ginger Sauce

Brandied Christmas Cake
Cinnamon Custard



ORDERS CLOSE:
December 16

PICK-UP DATES:
December 23–24

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

New Year's Eve

DINNER FOR TWO

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

Red Pepper Bisque
with Pesto Cream

★★★★★

Cranberry Orange Pecan Brie Bake,
Mini Loaf, Lemon Garlic Arugula Greens

★★★★★

Mushroom & Spinach Stuffed Chicken Breast,
Roasted Vegetables & Garlic Mashed Potatoes

★★★★★

Cherry Clafoutis with Vanilla Bean
Chantilly Cream

30 MINUTES REHEATING

$99.99

ORDERS CLOSE: Saturday, Dec. 26
PICK-UP DATE: Thursday, Dec. 31

Early Bird Pricing!
Order November 25-29
$89.99
While quantities last!

Order in-store or online.
While quantities last!
FARMBOY.CA/SPECIALTY-DINNERS/

HAYTER'S FARM
TASTE & TRADITION

Discover Hayter's Farm products at your local Farm Boy and learn about your chance to win **free turkey for a year!**

You Could

WIN

FREE TURKEY FOR A YEAR!

1 Cook it. 2 Snap it. 3 Tag it.

Post on IG or FB and tag
@HaytersFarm



Salmon with Cranberry Almond Crust

PREP: **10 mins** | COOK TIME: **15 mins** | SERVES: **6** | DIFFICULTY: **Easy**

View Full Recipe Online

Ingredients

6 salmon fillets

¼ cup Farm Boy™ Extra Virgin Olive Oil, plus more for garnish

1 large shallot, minced (about ½ cup)

1 cup Farm Boy™ Original Breadcrumbs

½ cup Farm Boy™ Organic Sweetened Dried Cranberries, chopped

¼ cup toasted almonds, chopped

1/3 cup chopped parsley

1 Tbsp fresh thyme leaves, chopped

Zest of 1 lemon (about 2 tsp)

Salt and freshly ground black pepper to taste

Mesclun greens, for serving

Farm Boy™ Apple Cider Vinaigrette, for serving

Directions

1. Preheat oven to 400°F.
2. Place salmon fillets on parchment-covered baking tray.
3. In a medium bowl, combine Farm Boy™ Original Breadcrumbs, Farm Boy™ Organic Sweetened Dried Cranberries, almonds, parsley, thyme, and lemon zest.
4. In a medium frying pan, heat Farm Boy™ Extra Virgin Olive Oil and cook shallot until soft, about 2-3 minutes. Turn off heat.
5. Add bread crumb mixture and mix to combine. Season to taste with salt and black pepper.
6. Divide the mixture amongst the salmon fillets, pressing gently to adhere.
7. Bake salmon fillets for 10 to 15 minutes or until the topping is golden and internal temperature reaches 158°F.
8. Serve, drizzled with more Farm Boy™ Extra Virgin Olive Oil, on a bed of mesclun greens tossed with Farm Boy™ Apple Cider Vinaigrette.



"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