

Come on in!

Quality, value, and freshness guaranteed.



**Boneless, Skinless Chicken Breast**  
fresh, family pack size, product of Canada

SAVE \$2.00  
**5.99** /lb  
13.21/kg



**Coho Salmon Fillets**  
frozen or previously frozen, product of Chile

SAVE \$3.00  
**10.99** /lb  
24.23/kg



FULL PINT

**Sweet & Juicy Blueberries**  
no. 1 grade, product of Mexico/USA, 473 g

**2.99** /pkg



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

SAVE \$5.00  
**7.99** /pkg



**Farm Boy™ Salsa or Tortilla Chips**  
select varieties, Salsa: 473 ml, Tortilla Chips: 330-454 g

SAVE \$1.00  
**3.99** ea



**Fresh Broccoli**  
product of USA

**1.99** ea



**From Our Bakery Artisan Potato Buns**  
burger or hot dog, pkg of 6, 480-504 g

SAVE \$1.00  
**3.99** /pkg



**Sofina Roasted Turkey**  
all varieties, sliced fresh at our Deli Counter

SAVE \$0.50  
**2.99** /100 g



**Canadian Swiss-Style Cheese**  
cut fresh at our Cheese Counter

SAVE \$0.50  
**2.99** /100 g



**Farm Boy™ Lemonade**  
all varieties, 1.54 L

SAVE \$1.00  
**4.49** ea



**Farm Boy™ Frozen Yogurt or Ice Cream**  
all varieties, 1.5 L

SAVE \$1.50  
**5.99** ea



**Farm Boy™ Large Omega-3 Eggs**  
Canada grade A, 1 dozen

SAVE \$1.20  
**4.99** /pkg



**Farm Boy™ Grain Breads**  
all varieties, 600 g

SAVE \$1.00  
**2.99** ea



**Zevia Zero Sugar Soda**  
all varieties, 6x355 ml

SAVE \$2.55  
**5.44** /pkg



**Dempster's Burger or Hot Dog Buns**  
pkg of 8

SAVE \$1.70  
**2.79** /pkg



**FRESH SPECIALS IN EFFECT**  
Thursday, May 16 to Wednesday, May 22, 2024.

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 addresses and holiday hours. Not all products available at all stores.



Scan here for our full digital flyer

farmboy.ca  
@officialfarmboy

## Meat & Seafood Market



**Farm Boy™  
Gourmet Burgers**  
made by us, all varieties, fresh,  
product of Canada, 170 g per burger

**3.50**  
ea



**Farm Boy™  
Fresh Sausages**  
all varieties, product of  
Canada, 500 g

SAVE  
\$1.50

**5.99**  
/pkg



**Cut from Canada AAA Beef  
Rib Grilling Steaks**  
aged a minimum of 28 days

SAVE  
\$5.00

**17.99**  
/lb  
39.66/kg



**Farm Boy™  
Iberico Pork  
Spiedini**  
product of Spain, 150 g

SAVE  
\$2.00

**6.99**  
/pkg

## Chef's Market

### Homestyle Goodness

Enjoy a selection of potato salads, coleslaw,  
and macaroni salad made from scratch  
with high-quality ingredients  
and traditional family recipes.



**Reser's  
Picnic Salads**  
all varieties, 454 g

SAVE  
\$0.50

**3.99**  
ea



**Farm Boy™  
Peanut Butter  
Pretzel Bites**  
680 g

SAVE  
\$1.00

**6.99**  
ea



**Farm Boy™  
S'mores  
Kit**  
576 g

SAVE  
\$1.00

**8.99**  
/pkg



**Gay Lea  
Sour Cream**  
all varieties,  
425-500 ml

SAVE  
\$1.30-\$1.80

**2.99**  
ea



**Farm Boy™  
Butter Tarts**  
all varieties, pkg of 6,  
480-510 g

SAVE  
\$1.00

**6.99**  
/pkg



**Stoked Oats  
Gluten-Free  
Oatmeal Blends**  
all varieties, 500 g

SAVE  
\$4.00

**5.99**  
ea



**Fever-Tree  
Premium  
Mixers**  
all varieties, 8x150 ml

SAVE  
\$2.00

**8.99**  
/pkg



**Armstrong  
Melts Slices**  
pkg of 24, 450 g

SAVE  
\$1.30

**4.99**  
/pkg



**Farm Boy™  
Canadian  
Prosciutto**  
sliced fresh at our Deli Counter

SAVE  
\$0.50

**2.99**  
/100 g

## FRESH produce arriving daily!



**Mini  
Cucumbers**  
Canada no. 1 grade,  
product of Canada

PKG  
OF 6

**2/5.00**



**Hothouse  
Tomatoes**  
Canada no. 1 grade,  
product of Canada

**1.49**  
/lb  
3.28/kg



**Canadian  
Fiddleheads**  
product of Canada

ARRIVING FRESH DAILY!

**5.99**  
/lb  
13.21/kg



**Eggplants or  
Green Zucchini**  
product of Mexico

**1.49**  
/lb  
3.28/kg



**Grape or Medley  
Tomatoes**  
Canada no. 1 grade,  
product of Canada, 680 g

1.5 lb  
PKG

**5.99**  
/pkg



**Green  
Onions**  
product of Mexico/USA

**.77**  
ea



**Large  
Pomegranates**  
product of Peru

**2.99**  
ea



**Blackberries  
or Strawberries**  
no. 1 grade, product of  
Mexico/USA, Blackberries: 170 g, Strawberries, 454 g

Organic

**3.99**  
/pkg

**4.99**  
/bag

3 lb  
BAG

**Lemons or Limes**  
product of Mexico/  
South Africa/USA

**3.99**  
/bag

2 lb  
BAG

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.

PLEASE VISIT FARMBOY.CA FOR A FULL LIST OF STORE ADDRESSES TO FIND A LOCATION NEAR YOU!

See in store for more great savings!

## Farm Boy™ Garden Fresh Pickles

From vine to store in just 48 hours! Locally-grown cucumbers are picked, prepared in our kitchen with care, packed, and arrive fresh at our stores. Available in Original or Spicy, this crunchy seasonal treat is a BBQ meal must-have.

\$6.99 ea, 680 ml



## Farm Boy™ Garden Fresh Gazpacho

Cool down with our delicious take on a Spanish classic! Made fresh in our kitchen, this cold soup is crafted with tomatoes, cucumbers, garlic, green peppers, red onions, and a little spice for an extra punch of flavour. Serve chilled.

\$8.99 ea, 946 ml



**LOCAL**

**SAVE \$0.50**

**4.49** ea

**Farm Boy™ Simply Five Breads**  
all varieties, 700 g

**LOCAL**

**SAVE \$0.50**

**1.99** /100 g

**Brandt Smoked Farmer Sausage**  
naturally hardwood smoked, gluten-free, available at our Deli Counter

**SAVE \$1.00**

**5.99** ea

**P'tit Brie, P'tit Grey or Roucolouns**  
product of France, 125 g

**SAVE \$1.00**

**4.99** ea

**Farm Boy™ Cooking or Grilling Sauces**  
all varieties, 350 ml

**SAVE \$0.50**

**3.99** /pkg

**Farm Boy™ Nut Crisps**  
all varieties, 250 g

**SAVE \$0.50**

**3.99** ea

**Farm Boy™ Cranberry Cocktail**  
1.89 L

**SAVE \$2.00**

**11.99** /pkg

**Naturesource Salad Toppers**  
all varieties, 575-625 g

**SAVE \$1.00**

**3.99** ea

**Lighthouse Dips**  
all varieties, 340 g

**SAVE \$1.00**

**5.99** /pkg

**Farm Boy™ Waffle Cookie Ice Cream Sandwiches**  
all varieties, 4x140 ml

**SAVE \$1.00**

**13.99** ea

**Farm Fresh Bouquets**  
Locally grown flowers!

**SAVE \$3.00**

**19.99** ea

**Boston Fern**  
10" pot

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Welcome Summer with bright flavours and refreshing tastes! From the best cuts of meat to scrumptious treats, enjoy a fresh selection of high-quality foods sourced locally and from around the world. We're your one-stop-shop for summertime deliciousness!

## Top Quality BBQ

Swing by our Butcher Shop for hand-stacked chicken or beef kebabs that cook to perfection, Artisan Pork Sausages loaded with savoury combinations, and skewers that are pre-marinated for your convenience—just thaw and cook! Pair them with our made-from-scratch sauces, soft rolls, and gourmet condiments.



## Frozen Delights

From luscious ice creams made with 100% Canadian dairy to vibrant alternatives like our fruity sorbets, we have just what you need to satisfy your sweet tooth! Enjoy a variety of locally-made gelatos, ice creams, sorbets, and more with crunchy favourites like our Sugar Cones, or Cookie Chips.





## Picnic Faves

We offer a variety of convenient foods and drinks, including charcuterie platters, traditionally-crafted deli meats, antipasti, gourmet olives, crackers, and sparkling beverages. Don't forget about our selection of pasta salads or green salads that are full of zingy flavours, crisp veggies, and savoury ingredients!



## Snacking Essentials

Load up your snack time with our crunchy treats, homestyle dips, and shareable sweets. Fill the cooler with thirst-quenching beverages like our craft-style Non-Alcoholic Beers or Sparkling Non-Alcoholic Wines. We have everything you need for road trips, camping, lazy days at the park, and more.



# Fresh Seasonal Produce Arriving Daily

Experience a true taste of the season with our farm-fresh fiddleheads and asparagus. These veggies are known for their mild, earthy, and “green-tasting” flavour. Enjoy them as a sautéed or grilled side dish, or incorporate them into foods like omelettes, tarts, pastas, salads, and more!



*Did you know?*

Fiddleheads are toxic if eaten raw.

View our magazine to learn more about what's *in*Season!

# Korean Style Beef Short Ribs

 **PREP:**  
10 mins

 **COOK TIME:**  
15 mins

 **SERVES:**  
4-6

 **DIFFICULTY:**  
Easy

[View Recipe Online](#)

## Ingredients

1 small onion, peeled and chopped  
1 small Asian pear, cored and chopped  
3-4 garlic cloves, peeled and chopped  
1" piece ginger, peeled and chopped  
2 Tbsp brown sugar  
1/2 cup reduced sodium soy sauce  
2 Tbsp rice wine (mirin)  
1/4 cup water  
1 1/2 Tbsp toasted sesame oil  
1 tsp Farm Boy™ Ground Black Pepper  
1 1/2 Tbsp Farm Boy™ Sesame Seeds  
1.3 kg flanken-style beef short ribs  
2 green onions, thinly sliced for garnish  
3 cups cooked Farm Boy™ Jasmine Rice  
(from 1 1/2 cups raw)  
Farm Boy™ Organic Kimchi  
Lettuce leaves

## Directions

- 1 Place onion, pear, garlic, ginger, brown sugar, soy sauce, rice wine, water, sesame oil, black pepper and sesame seeds in the bowl of a food processor and pulse until smooth.
- 2 Place ribs in large zipper bag and add marinade. Turn bag to make sure ribs are evenly coated, then place on a tray and refrigerate for at least 1 hour, but best if marinated for 24 hours.
- 3 When ready to cook, preheat grill to medium high and remove ribs from marinade, scraping and draining excess off completely.
- 4 Grease grill grates and cook ribs for 4-5 minutes per side, depending on thickness, or until lightly charred and cooked through.
- 5 Place on platter and garnish with green onions. Serve with rice, kimchi and lettuce leaves.



Looking for more recipes and inspiration?  
Check out our *inSeason* magazine!

**Monthly Hot Bar Menu**



# CINCO DE MAYO

Celebrate Cinco de Mayo all month long with made-from-scratch dishes prepared fresh daily by our chefs for your convenience. From spicy mains to savoury sides, they're guaranteed to satisfy!

**Fiesta Chicken**

**Mexican Street Corn**

**Papas a la Mexicana**

**Pork Carnitas in Red Salsa**





# INDULGENCE DINNER FOR 2

Enjoy a four-course gourmet menu designed by our chefs and inspired by some of our favourite flavours! Simply pre-order online or in-store for pickup, follow the heating instructions, and enjoy!



# Hello Summer!



Welcome the sunshine with a vibrant meal that lets you take it easy this summer. Indulge in this chef prepared, four-course menu for two made with wholesome, high-quality ingredients.

## MENU

**Sweet Potato Vichyssoise**  
Black Leek Oil

**Parmigiano Flan**  
Balsamic Tomato Jam,  
Lemon Garlic Arugula Greens

**BBQ Mesquite Salmon**  
Chili Roasted Potatoes  
& Zucchini Provençale

**Coconut Sunrise Cake**  
Oranges n' Cream  
No-Churn Ice Cream

25 MINUTES REHEATING

ORDERS  
CLOSE:  
Wednesday,  
May 29<sup>th</sup>

**\$84.99**

PICK-UP  
DATE:  
Saturday,  
June 1<sup>st</sup>



ORDER IN-STORE OR ONLINE ~ WHILE QUANTITIES LAST! | [FARMBOY.CA](http://FARMBOY.CA)



# Father's Day BBQ

GENEROUSLY SERVES 4

## **BBQ Slow Roasted Beef**

Slow Roasted Beef with  
In-House Maple BBQ Sauce

## **Pull Apart Garlic Buns**

## **Grill Ready Chimichurri Vegetables**

Pepper Medley, Sliced Zucchini,  
Mushrooms & Onions

## **Loaded Souffle Potatoes**

## **Smoky Coleslaw**

Shredded Cabbage, Carrots,  
Green Onions, Cheddar Cheese

## **Cookies & Cream Cheesecake**

25-35 MINUTES REHEATING

# \$119<sup>99</sup>

### **ORDERS CLOSE:**

Wednesday, June 12<sup>th</sup>

### **PICK-UP DATE:**

Sunday, June 16<sup>th</sup>

Order In-Store & Online  
**WHILE QUANTITIES LAST!**

**FARMBOY.CA**



# Victoria Day Holiday Hours Monday, May 20

Visit [farmboy.ca/stores](http://farmboy.ca/stores) for holiday schedules