

Come on in!



Quality, value, and freshness guaranteed.



Sweet & Juicy  
**Blackberries  
or Blueberries**

No. 1 Grade, product of Mexico/Peru, 170 g

**2.99**  
/pkg



Fresh  
**Pork Tenderloin**  
family pack size,  
product of Canada

**HALF PRICE!**  
**3.99**  
/lb  
8.80/kg



Fresh  
**Green Beans**  
product of Mexico

**2.44**  
/lb  
5.38/kg



Farm Boy™  
**Large Cooked  
or Raw Shrimp**

23-30 shrimp per bag, frozen,  
31-40/lb, 340 g

**SAVE**  
**\$2.00-\$4.00**  
**6.99**  
/pkg



Liberté  
**Greek or  
Méditerranée Yogurt**  
all varieties, 4x100 g or 500 g

**SAVE**  
**\$2.11**  
**3.88**  
/pkg  
or ea



Hayter's Farm  
**Extra Lean  
Ground Turkey**  
product of Ontario, 450 g

**SAVE**  
**\$1.00**  
**5.99**  
/pkg



Traditional  
**Portuguese Tarts**  
pkg of 6, 450 g

**SAVE**  
**\$2.00**  
**6.99**  
/pkg



Blue Danube  
**Smoked  
Homemade Ham**  
product of Canada

**SAVE**  
**\$1.00**  
**2.49**  
/100 g



Imported  
**Dutch Gouda**  
discount applied at checkout,  
product of Netherlands

**SAVE**  
**20%**



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

**SAVE**  
**\$1.00**  
**2.99**  
ea



Farm Boy™  
**Dumplings**  
all varieties, 500 g

**SAVE**  
**\$1.72**  
**5.77**  
ea



Farm Boy™  
**Skipjack Tuna**  
Chunk or Flake,  
in Oil or Water, 170 g

**SAVE**  
**\$0.82**  
**3/5.00**



Farm Boy™  
**Double Baked  
Pita Crackers**  
all varieties, 170 g

**SAVE**  
**\$0.55**  
**3.44**  
ea



Green Valley  
**Free Range  
Large Eggs**  
Canada Grade A, 1 dozen

**SAVE**  
**\$2.40**  
**5.99**  
/pkg



Villaggio  
**Bread or Buns**  
all varieties, 570-675 g  
or pkg of 6 or 8

**SAVE**  
**\$1.50**  
**2.99**  
ea or  
/pkg



FRESH SPECIALS IN EFFECT

Thursday, November 7 to Wednesday, November 13, 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 hours. Not all products available at all stores.



Scan here  
for our full  
digital flyer

farmboy.ca  
@officialfarmboy



## Meat & Seafood Market



**Farm Boy™ Chef-Prepped Chicken Breast Schnitzel**  
made by us, all varieties, product of Ontario

SAVE \$2.00  
**9.99** /lb  
22.02/kg



**Cut from Canada AAA Beef Sirloin Tip Oven Roast**  
aged a minimum of 21 days

SAVE \$2.00  
**7.99** /lb  
17.61/kg



**Cut from Canada AAA Beef Top Sirloin Medallions**  
aged a minimum of 28 days

SAVE \$2.00  
**13.99** /lb  
30.84/kg



**Whole Arctic Char**  
fresh, dressed, product of Canada, available at all stores except Blue Heron Mall

SAVE \$4.00  
**5.99** /lb  
13.21/kg

## Chef's Market

### "Pasta-tively Delicious!"

Our gluten-free fresh pasta is made in small batches for an authentic taste and texture. Ready in minutes, they're available in filled or noodle varieties like Fettuccine, Ravioli, and Tortellini!



**Farm Boy™ Gluten-Free Fresh Pasta**  
300 g

SAVE \$2.00  
**5.99-6.99** /pkg



**Farm Boy™ Baked Beans**  
all varieties, 398 mL

SAVE \$0.50  
**1.99** ea



**Farm Boy™ Passata**  
product of Italy, 720 mL

SAVE \$0.52  
**2.47** ea



**Neilson TruTaste Milk**  
select varieties, 2 L

SAVE \$0.80-\$1.30  
**4.99** ea



**Mini Muffins**  
Blueberry or Chocolate Chip, pkg of 12, 336 g

SAVE \$1.00  
**4.99** /pkg



**Farm Boy™ Puff Snacks**  
all varieties, 180-250 g

SAVE \$1.00  
**2.99** ea



**Roar Beverages**  
all varieties, 532 mL

SAVE \$1.00  
**2.49** ea



**Farm Boy™ Frozen Pizzas**  
all varieties, 420-450 g

SAVE \$2.00  
**9.99** ea



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

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

## FRESH produce arriving daily!



**Fieldless Salad Blends**  
Canadian Curl, Northern Crunch, or Ontario Sweets, product of Canada, 100-142 g

**4.99** /pkg



**Beets or Red Onions**  
Canada No. 1 Grade, product of Canada

**1.77** /bag



**Cocktail Cucumbers**  
Canada No. 1 Grade, product of Canada

**2.99** /pkg



**Grape Tomatoes**  
No. 1 Grade, product of Mexico/USA

**2/5.00**



**Sweet Potatoes**  
No. 1 Grade, product of USA

**.99** /lb  
2.18/kg



**Green or White Zucchini**  
product of Mexico

**1.49** /lb  
3.28/kg



**Lemons or Oranges**  
product of Mexico/South Africa

**4.99** /bag



**Canary, Santa Claus, or Personal Watermelons**  
product of Brazil/Mexico

**3.99** ea



**Cortland, Empire, McIntosh, or Spartan Apples**  
Canada Extra Fancy Grade, product of Canada

**1.49** /lb  
3.28/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. Product selection may vary by store.

Please visit [Farmboy.ca](http://Farmboy.ca) for a full list of store addresses to find a location near you!



See in store for more great savings!

Farm Boy™

## Fresh Pesto

Our small batch pesto is simply the best-o!  
Made fresh by us, choose from Arugula, Basil, Roasted Red Pepper, or Vegan. They're a great addition to pasta, salads, and more.



## Beautiful Blooms

From pre-arranged bouquets to fresh-cut stems for crafting your own, add nature's beauty to your seasonal décor. Arriving at peak quality with excellent vase life, treat yourself or a friend to these curated wonders!



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

SAVE  
\$0.50

**4.49**  
ea



Roussas  
**Authentic Galotyri or Spread with Feta & Greek Yogurt**  
180 g

NEW!

**7.49**  
ea



Dolce or Piccante  
**Gorgonzola**  
cut fresh at our  
Cheese Counter

SAVE  
25%



St. Dalfour  
**Handcrafted Fruit Spreads**  
all varieties, 225 mL

SAVE  
\$1.00

**5.99**  
ea



Farm Boy™  
**Gourmet Honey**  
Hot or Smoky, 305 g

SAVE  
\$2.22

**8.77**  
ea



Case of 15  
\$17.99

Farm Boy™  
**Nut & Oat-Based Bars**  
all varieties, \$1.29 ea (40 g)  
or \$17.99/pkg (15x40 g)

SAVE  
\$0.70

**1.29**  
ea



Jordans  
**Morning Crisp Cereal**  
375-400 g

SAVE  
\$1.00

**6.99**  
ea



Ripple  
**Plant-Based Beverages**  
all varieties, 1.42 L

SAVE  
\$1.00

**5.99**  
ea



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

SAVE  
\$1.52

**4.77**  
/pkg



**Long-Stem Roses**  
50 cm stems, many  
colours to choose from

SAVE  
\$5.00

**19.99**  
/dozen

Farm Boy™  
**Large Bouquet**

SAVE  
\$1.00

**18.99**  
ea

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# Discover Fall Harvest

Farm Boy™

## Italian Wedding Soup

Celebrate soup season with our comforting, hearty take on this classic Italian soup! Made fresh by our chefs with delicious, wholesome ingredients like acini de pepe pasta, carrots, celery, Farm Boy™ Sweet Italian Sausage, spinach, and zucchini.

Farm Boy™

## Hearty Minestrone Soup

Made fresh by our chefs in small batches, our Italian-inspired soup is brimming with a variety of vegetables. Crafted with fresh, flavourful ingredients like carrots, celery, red and yellow peppers, zucchini, kidney beans, and Asiago cheese for a creamy, savoury touch.

**SOUP SEASON IS HERE!**

Farm Boy™

## Loaded Baked Potato Soup

Your favourite potato dish, but in soup form! Prepared fresh with delicious bacon, butter, cheddar cheese, garlic, onions, spices, and truffle oil. Enjoy it with a nice slice of toasted bread or crunchy crackers.

Farm Boy™

## Thai Sweet Potato Soup

Loaded with South Asian flavours, our aromatic soup is crafted with high-quality ingredients like garlic, ginger, coconut milk, and red curry paste. It's the perfect blend of creamy, spicy, and sweet!



# Creamy Tuscan Chicken with Tomatoes, Mushrooms, and Spinach



PREP:  
10 mins



COOK TIME:  
40 mins



SERVES:  
6



DIFFICULTY:  
Easy

[View Recipe Online](#)

## Ingredients

**6** boneless, skinless chicken breast

Salt and pepper to taste

**1 tsp** Farm Boy™ Oregano

**1 Tbsp** Farm Boy™ Cold Pressed Sunflower Oil

**2 Tbsp** butter

**3 cups** sliced mushrooms

**2 cloves** garlic, minced

**1/2 cup** Farm Boy™ Sundried Tomatoes, chopped

**2 cups** cherry tomatoes, halved

**1/2 tsp** Farm Boy™ Dried Chili

**1/2 tsp** Farm Boy™ Paprika

**2 cups** whipping cream

**3 cups** baby spinach or baby kale

**3/4 cup** shredded Parmigiano Reggiano cheese plus more for garnish

Cooked pasta of your choice

## Directions

- 1 Preheat oven to 350° F.
- 2 Season chicken on both sides with salt, pepper and oregano.
- 3 In large skillet, heat oil over medium high heat and cook chicken until golden brown, about 5 minutes per side. You may have to do this in batches. Remove chicken from skillet, place on sheet pan and transfer to the oven to bake while you make the sauce. By the time the sauce is done, chicken should have reached an internal temperature of 165° F.
- 4 Add butter to skillet and cook mushrooms until soft, about 5 minutes.
- 5 Add garlic, sundried tomatoes, cherry tomatoes, dried chili and paprika and cook for 5-7 minutes, until tomatoes soften.
- 6 Add cream and bring to a boil. Turn temperature down and simmer until thickened, 5-8 minutes.
- 7 Stir in spinach or kale and cook until wilted, 2-3 minutes.
- 8 Add Parmigiano cheese. Stir to combine and adjust seasoning.
- 9 Serve chicken over pasta, add some sauce and garnish with more cheese.



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

NEW!



## Monthly Hot Bar Menu



# FRENCH BISTRO

Enjoy made-from-scratch dishes prepared fresh daily by our chefs for your convenience. From comforting classics to globally inspired favourites, they're guaranteed to satisfy!

**Leek & Potato Gratin**

**Lemon Tarragon Mushrooms**

**Chicken Ragout**

**Pork & Root Vegetable Ragout**