

Come on in!

Quality, value, and freshness guaranteed.



NO CHARGE TO CORE

3.99 ea

Whole Sweet Golden Pineapples
product of Costa Rica



SAVE \$4.00

4.99 /lb
11.00/kg

Fresh Pork Back Ribs
cryovac pkg,
product of Canada



1.88 /lb
4.14/kg

Broccoli Crowns or Brussels Sprouts
product of Canada/Mexico/USA



SAVE \$5.00

8.99 /pkg

Farm Boy™ Jumbo Cooked Shrimp
frozen, 16-19 shrimp per bag, 21-25/lb count,
340 g, pair with Farm Boy™ Cocktail Sauce
for \$2.99, 250 mL



SAVE \$3.00

3.99 ea

Simply Juices
all varieties, 1.54 L



SAVE \$2.00

5.99 /lb
13.21/kg

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



PKG OF 12

SAVE \$1.00

4.99 /pkg

Fresh Baked Homestyle Cookies
pkg of 12 regular or 24 mini, select varieties, 260-480 g



LOCAL

SAVE \$1.00

2.99 /100 g

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



SAVE 25%

Imported Dutch Gouda
discount applied at checkout, \$2.99/100 g product of Netherlands



SAVE \$0.49 ea

2/4.00

Farm Boy™ Non-Alcoholic Beers or Zero-Proof Cocktails
all varieties, 355 mL



SAVE \$2.00

6.99 ea

Farm Boy™ Authentic Stone-Baked Flatbreads
all varieties, 390-430 g



SAVE \$1.11

4.88 ea

Farm Boy™ Crinkle Cut Potato Chips
400 g



SAVE \$1.00

4.99 ea

Farm Boy™ Maple Creme Cookies
400 g



LOCAL

SAVE \$1.42

4.77 /pkg

Farm Boy™ Omega-3 Eggs
Canada Grade A, 1 dozen



SAVE \$1.00

2.99 ea

Farm Boy™ Grain Breads
all varieties, 600 g



FRESH SPECIALS IN EFFECT
Thursday, November 14 to Wednesday, November 20, 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™
Seasoned
Chicken Wings**
fresh, made by us, all varieties

6.99
/lb
1541/kg



**Cut from Canada AAA Beef
Beef Short Rib**
Thick English Cut or Thin Flanken
Slice, aged a minimum of 14 days

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



**Cut from Canada AAA Beef
Flank Grilling Steaks**
aged a minimum of 14 days

**SAVE
\$2.00**
15.99
/lb
35.25/kg



**Boneless
Fresh Rainbow
Trout Fillets**
available at all stores except
Blue Heron Mall, product of Canada

**SAVE
\$2.00**
12.99
/lb
28.64/kg

Chef's Market

Ultimate "Snack-tisfaction"

This dip is stacked with black bean dip, guacamole, salsa, sour cream, jalapeño peppers, green onion, and cheese! Enjoy it with a bag of your favourite Farm Boy™ Tortilla Chips for the perfect snack time showstopper.



**Farm Boy™
Seven
Layer Dip**
390 g

**SAVE
\$1.00**
8.99
ea



**Farm Boy™
Mayonnaise**
all varieties,
445-890 mL

**SAVE
\$1.00**
3.99-6.99
ea



**Farm Boy™
Indian-Inspired
Cooking Sauces**
all varieties, 450 mL

**SAVE
\$1.11**
5.88
ea



**Heluva Good!
Chip Dip**
all varieties,
250 g

**SAVE
\$2.00**
2.99
ea



**Farm Boy™
Challah
Knots**
6x54 g, Certified Kosher

**SAVE
\$0.50**
3.99
/pkg



**Farm Boy™
Pickles**
all varieties,
500 mL-1 L

**SAVE
\$1.00**
6.99
ea



**Neilson
Creams**
5%, 10%, or
18% M.F., 473 mL

**SAVE
\$0.90-\$2.00**
2.99
ea



**Saputo
Shredded
Cheese Blends**
all varieties, 320 g

**SAVE
\$2.02**
6.77
ea



**Farm Boy™ Naturals
Roast Beef**
sliced fresh at our
Deli Counter

**SAVE
\$0.50**
3.49
/100 g

FRESH produce arriving daily!



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

2.88
/pkg



**Large
White
Cauliflower**
No. 1 Grade,
product of USA

3.99
ea



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

3/5.00



**Baby
Carrots**
No. 1 Grade,
product of USA, 340 g

2/3.00



**Fresh
Leeks**
Canada No. 1 Grade,
product of Canada

4.99
/bunch



**Curly or Italian
Parsley**
product of Mexico/USA

.67
ea



**Large
Lemons**
product of South Africa

3/2.50



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

3.99
/pkg



**Large
Red Mangoes**
product of Brazil/Ecuador/Peru

9.99
/case

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!

Touchdown On Flavour!

A delicious protein option for any occasion, our Maple BBQ Pork Back Ribs and Maple BBQ Pulled Pork pack a flavourful punch. Slow-cooked to tender perfection, they're perfectly seasoned with a blend of spices and a sweet, tangy maple BBQ sauce.

Maple BBQ Pulled Pork: \$10.99, 400 g
Maple BBQ Pork Back Ribs: \$16.99, 800 g



Farm Boy™ Organic Eggnog

This rich and creamy customer favourite is back for the holidays! Made with locally-sourced organic milk, egg yolks, and cane sugar, enjoy this seasonal delight cold or warm.

Organic Eggnog: \$5.99, 946 mL, \$2.00 bottle deposit required.



Pumpnickel Rye Bread
600 g

SAVE \$1.50

4.99 ea



Grana Padano
discounted applied at checkout, \$4.69/100 g

SAVE 25%



Oka Cheese
Aged, Plain, or Raclette, sliced fresh at our Cheese Counter

SAVE \$0.50

4.89 /100 g



Farm Boy™ Peanut Butter
Crunchy or Smooth, 500 g

SAVE \$1.00

5.99 ea



Farm Boy™ Italian Pesto
all varieties, 212 mL

SAVE \$1.22

4.77 ea



NuPasta Konjac Pasta
all varieties, 210 g

SAVE \$1.30

3.99 ea



Clipper Fairtrade Tea
all varieties, 20s

SAVE \$1.50

4.99 /pkg



Kind Fruit & Nut Bars
all varieties, 40 g

SAVE \$0.50

1.99 ea



Farm Boy™ Ice Cream Bars
all varieties, 4x118-125 mL

SAVE \$1.00

4.99 /pkg



RosAroma Potted Mini Roses
Fragrant and long-lasting, 4" pot

SAVE \$1.00

8.99 ea

Farm Boy™ Medium Bouquet

SAVE \$1.00

13.99 ea

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FARM BOY SNACK CENTRAL

Farm Boy™ Spicy Kale Eda-Yummy Dip

Full of naturally delicious ingredients like kale, edamame, garlic, jalapeño peppers, and a touch of lemon juice, this customer favourite is bursting with bright flavours. Try it with our new Sourdough Crackers, made from hand-cut sourdough bread.



Farm Boy™ Delightfully Delicious Dips

Enjoy our crunchy kettle-cooked or crinkle-cut chips with these knockout dips! Made with a base of cream cheese and sour cream, they're packed with ingredients like caramelized onions, cayenne pepper, dill pickles, hot sauce, and paprika. Available in Buffalo, Dill Pickle, or Sour Cream & Onion.



Farm Boy™ Toum

A staple in Lebanese cuisine, our version of this garlic sauce is made by us using just five simple ingredients. Dive into this customer favourite with our selection of fries or Potato Puffs! Available in Original and Spicy.



Farm Boy™ Fresh Guacamoles & Salsa

The perfect condiments for your flavourful fiesta, our Fresh Guacamoles and Salsas are made daily with simple, real ingredients like hand-scooped avocados, tomatoes, red onions, jalapeño peppers, garlic, and fresh herbs. Enjoy them with tacos, nachos, tostadas, and more! Salsa available in Hot or Mild. Guacamole available in Regular, Salsa-Topped, or Spicy.

FARM BOY SNACK CENTRAL



Farm Boy™ Chicken Strips & Nuggets

Our nuggets and strips are made with whole chicken breast coated in a crispy, peppery, Southern-fried breading for maximum flavour. Ultra convenient, serve them with a side of fries and a drizzle of our new Gourmet Honeys!



Farm Boy™ Phyllo Bites

Add a savoury crunch to your game day snacks with our delectable Phyllo Bites, featuring mouth-watering fillings encased in flaky phyllo pastry. Choose from our Beef, Ricotta & Feta, or Spinach & Ricotta varieties, and pair them with our new Farm Boy™ Tzatziki!

Farm Boy™ Heat & Serve Hors d'Oeuvres

Hosting is a breeze with our savoury selection of finger foods. Enjoy crunchy favourites like Crispy Wontons, Potato Skins, Samosas, Sausage Rolls, and more in minutes—just pop them in the oven or air fryer and serve! Available with included dipping sauces, find them in our Chef's Market!



Farm Boy™ Coconut Shrimp & Tempura Shrimp

This delicious duo features juicy, sustainably-sourced shrimp. Choose between our Coconut Shrimp, coated in a fragrant breadcrumb and coconut flake mixture, or our Tempura Shrimp, encased in a light, crispy batter.



Cheesy Jalapeño Cornmeal Muffins

 **PREP:**
10 mins

 **COOK TIME:**
25 mins

 **SERVES:**
12

 **DIFFICULTY:**
Easy

[View Recipe Online](#)

Ingredients

- 1 cup** yellow cornmeal
- 1 cup** all-purpose flour
- 2 Tbsp** sugar
- 1 1/2 tsp** baking powder
- 1/2 tsp** baking soda
- 1/2 tsp** salt
- 1 cup** buttermilk
- 1/4 cup** unsalted butter, melted and cooled slightly
- 2** large eggs
- 1** jalapeño chili, minced (seeded if you want less heat)
- 1 cup** Farm Boy™ Fiesta Cheese Blend, plus 1/2 cup more for garnish
- 1** jalapeño chili, sliced, for garnish

Directions

- 1 Preheat barbecue on high until temperature inside reaches 400° F. Prepare a muffin tin with paper liners. If you are using an oven, please see details on point 9.
- 2 In large bowl, stir cornmeal, flour, sugar, baking powder, baking soda and salt.
- 3 In medium bowl, whisk together buttermilk, butter and eggs.
- 4 Add wet mixture to dry mixture and stir just until combined. Gently fold in minced jalapeño and 1 cup cheese. Scoop into prepared muffin tin, filling each cavity 2/3 full.
- 5 Top with jalapeño slices and a bit more cheese.
- 6 On the barbecue, turn one side of the burners off and place muffin pan on that side. Close the lid and bake, undisturbed for 20-25 minutes, rotating pan once. While muffins are baking, monitor barbecue thermometer to make sure temperature is maintained between 390° F and 400° F.
- 7 When time is up, insert a tester on muffins and if it comes out clean, they are done. Cool 5 minutes, then remove from pan.
- 8 Cool 5 minutes, then remove from pan.
- 9 To bake in the oven: Preheat oven to 400° F and bake for 20-25 minutes, until a tester inserted in centre comes out clean.



A Taste of Farm Boy

Our Holiday Gift Baskets offer a delightful twist to this time-honoured tradition! Available in both large and medium sizes, they're filled with a curated selection of delicious products, including our signature popcorn, chocolate-covered almonds, non-alcoholic beverages, snack mixes, artisanal pasta, and more.



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

Baked, cheesy potatoes featuring our aromatic Farm Boy™ Garlic Flowers.

Lemon Tarragon Mushrooms

Sautéed with fresh herbs and a touch of white wine!

Chicken Ragout

Full of seasonal vegetables and lean chicken breast.

Pork & Root Vegetable Ragout

Made with high-quality Canadian pork.



Join Us to Fight Hunger

1 apron = 100 meals

Limited Edition Aprons

2 sizes to choose from: child or adult.

For each apron sold, 100 meals are provided to those struggling with food insecurity across North America.

Together with Cooks Who Feed and Second Harvest in Canada, we're helping tackle food insecurity in our communities.



Available now at your local Farm Boy store, please visit farmboy.ca/aprons/ for details.