

Come on in!

Quality, value, and
freshness guaranteed.



Proudly Serving
Ontario

EST. 1981 | Cornwall, ON., Canada



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

2.99
/pkg



Fresh
Whole Chicken
Canada Grade A,
product of Ontario

SAVE
\$1.50

2.99
/lb
6.59/kg



**Romaine
Hearts**
product of USA

3.99
/pkg



**Boneless
Pork
Loin Roast**
fresh, product of Ontario

SAVE
\$3.00

3.99
/lb
8.80/kg



Activia
Probiotic Yogurt
or Oikos
Greek Yogurt
all varieties, Activia: 650 g, Oikos: 4x100 g

SAVE
\$1.11-\$1.61

3.88
ea
or /pkg



Farm Boy™
**Large Raw
or Jumbo
Cooked Shrimp**
23-30 shrimp per bag, frozen,
31-40/lb count, 340 g

SAVE
\$2.00-\$4.00

6.99
/pkg



From the Bake Shop
Sourdough Bread
Multigrain Batard
or Organic Boule, 480-525 g

SAVE
\$0.50

4.99
ea



Maple Lodge
**Chicken
Breast Roast**
all varieties, sliced fresh
at our Deli Counter

SAVE
\$0.50

2.49
/100 g



St-Albert Cheese Co-Op
**Fresh White
Cheese Curds**
all varieties, product of Canada

SAVE
\$0.30

2.99
/100 g



Orsini
**Extra Virgin
Olive Oil**
1 L

HOT DEAL!

12.99
ea



Farm Boy™
**Stone-Baked
Pizza**
all varieties, frozen, 330-375 g

SAVE
\$1.00

4.99
ea



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

SAVE
\$0.49 ea

2/5.00



Dempster's
Grain Breads
all varieties, 600 g

SAVE
\$1.20-\$1.50

3.49
ea



Neilson
TruTaste Milk
0%, 1%, 2%, 3.25% M.F., 2 L

SAVE
\$0.70-\$1.00

4.99
ea



Simply Protein
Dipped Bars
all varieties, 5x25 g

HOT DEAL!

3.99
ea

**What do these
symbols mean?**

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.



Discover what
makes us different!

FRESH SPECIALS IN EFFECT: Thurs., January 8 to Wed., January 14, 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 addresses and hours. Not all products available at all stores.

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for our full
digital flyer



@officialfarmboy



farmboy.ca

Meat & Seafood Market



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

SAVE
\$1.00
10⁹⁹
/lb
24.23/kg



Farm Boy™ Stuffed Bell Peppers or Portabella Mushrooms
made by us, product of Canada

SAVE
\$1.00
9⁹⁹
/lb
22.02/kg



Cut from Canada AAA Beef Boneless Beef Blade Roast
aged a minimum of 21 days

SAVE
\$2.00
10⁹⁹
/lb
24.23/kg



Farm Boy™ Black Tiger Shrimp Signature Burgers
frozen, 4x128 g

SAVE
\$3.00
12⁹⁹
/pkg

Chef's Market

No Prep Required!

A meal in minutes! Each kit comes with fresh, pre-washed veggies, ready to stir-fry with savoury, fully-cooked proteins. Choose Chicken or Vegan Beef varieties, including our signature house-made teriyaki sauce. Quick, delicious, and effortless—perfect over rice or noodles!



Farm Boy™ Stir Fry Kits
Chicken or Vegan Beef,
with house-made teriyaki sauce, 800-850 g

SAVE
\$1.00
13⁹⁹
ea



Farm Boy™ Passata or Italpasta Dry Pasta
Passata: 720 mL, Dry Pasta:
select varieties, 375-900 g

SAVE
\$0.50-\$1.00
2⁴⁹
ea



Farm Boy™ Plant-Based Beverages
all varieties, 1 L

SAVE
\$0.61-\$1.11
3⁸⁸
ea



Farm Boy™ Pressed Cottage Cheese
500 g

SAVE
\$1.00
7⁴⁹
ea



Jumbo Portuguese Buns
528 g

SAVE
\$2.00
3⁹⁹
/pkg



Broya Bone Broth
all varieties, 500 mL

SAVE
\$3.00
9⁹⁹
ea



Frankie's Puffs
BBQ, Jalapeño, or White Cheddar, 120-140 g

SAVE
\$0.49 ea
2/6⁰⁰



Simply Orange Juice
all varieties, 1.54 L

SAVE
\$1.00
6⁹⁹
ea



Brandt Smoked Honey Maple Ham
sliced fresh at our Deli Counter

SAVE
\$0.50
2⁴⁹
/100 g

FRESH Produce Arriving Daily!



Cocktail Tomatoes
Canada No. 1 Grade,
product of Canada

2⁹⁹
/pkg



Eggplants or Green Zucchini
product of Mexico

1⁴⁹
/lb
3.28/kg



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

3⁹⁹
ea



The Little Potato Co. Creamer Potatoes
Canada No. 1 Grade,
product of Canada, 454-680 g

2⁹⁹
/pkg



Oyster Mushrooms
product of Canada

8⁸⁸
/case



Carrots or Onions
Canada No. 1 Grade,
product of Canada

2/4⁰⁰



Large Nectarines or Peaches
No. 1 Grade,
product of Chile

3⁹⁹
/lb
8.80/kg



Farm Boy™ Sweet Apple Cider or Deglet Noor Dates
Apple Cider: 2 L, product of Canada,
Deglet Dates: Organic, 340 g, product of Tunisia

4⁹⁹
ea



Sweet & Juicy Clementines
product of Morocco/Spain

2⁴⁹
/lb
5.49/kg

Please visit farmboy.ca for a full list of store addresses to find a location near you.

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.

See in store for more great savings!

Farm Boy™ Broken Dumpling Soup

Prepared by our chefs with fresh ground chicken, carrots, and cabbage, this comforting soup reimagines traditional dumpling soup flavours. This deconstructed version features an umami-rich broth and broken Farm Boy™ Chicken Dumplings. Ready in minutes and available for a limited time—simply heat, serve, and enjoy this unforgettable homestyle meal!

\$7.99 ea, 946 mL

TRY A SAMPLE THIS WEEKEND!



Farm Boy™ Vegetarian Spring Rolls

Large, crunchy, and irresistibly delicious, our Thai-style spring rolls are hand-rolled and packed with authentic flavour. Inside, a sautéed mix of bean sprouts, cabbage, carrots, and glass noodles is seasoned with soy sauce, aromatics, and sesame oil. This convenient appetizer or side comes with sweet chili sauce.

\$8.99 ea, 450 g

TRY A SAMPLE THIS WEEKEND!



Fruit-Filled Pastry Sticks
all varieties,
baked fresh by us, 300 g

SAVE
\$0.50

4.49
/pkg



Rognoni
Sicilian Sheep Cheese with Peppercorn
discount applied at checkout, 150 g

SAVE
20%



Brandt
Dry Cured Salami
all varieties, sliced fresh
at our Deli Counter

SAVE
\$0.50

3.49
/100 g



Farm Boy™
Flavoured Mayo Spreads
all varieties, 470 mL

SAVE
\$0.52

5.47
ea



Farm Boy™
Protein Powder or Nutritional Shakes
all varieties, 800 g

SAVE
\$10.00

39.99
ea



Daryl's Bars
Performance Protein Bars
all varieties, 54-85 g

Case of 12
\$29.99

LOCAL

SAVE
\$0.50

2.49
ea



Burnbrae Farms
Naturegg Simply Egg Whites
500 g

SAVE
\$1.00

5.49
ea



Kind
Granola
all varieties, 312 g

SAVE
\$1.50

5.99
ea



Nando's
Peri-Peri Sauces
all varieties, 250 mL

SAVE
\$1.00

5.99
ea

Floral Shop



Premium Long Stem Roses
50 cm stems, 1 dozen

SAVE
\$5.00

20.00
ea

Floral Duet Fugi Spider & Poms

SAVE
\$1.00

13.00
ea

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Gluten-Free Goodies



Farm Boy™ Gluten-Free Fresh Pasta

Our gluten-free pasta is crafted in small batches to deliver authentic taste and texture. Each Ravioli and Tortellini variety is generously filled with savoury cheeses and premium ingredients. Pair them with our Farm Boy™ Fresh Pasta Sauces and Pestos for a gourmet meal in minutes.



Farm Boy™ Gluten-Free Pizza

Lighten up pizza night with the crispy goodness of a cauliflower pizza crust. Gluten-free, this thin and tasty crust is the perfect base for all of your favourite toppings. Available in varieties like Deluxe, Margherita, Pepperoni, or Three Cheese.

Farm Boy™ Gluten-Free Breaded Fish

Sustainably sourced, wild-caught fish are the stars of these gluten-free breaded fillets! Deliciously seasoned and free from artificial colours and flavours, they're a convenient protein that pairs perfectly with crunchy fries or a crisp salad.



Farm Boy™ Gluten-Free Butter Tarts

Made locally using a traditional recipe and quality ingredients, our gluten-free versions feature crisp, flaky crust and a signature gooey filling. A Canadian favourite, these small-batch desserts come in Classic and Maple varieties.



FARM BOY PICKS

Here for a limited time, discover a curated selection of products that we think you'll love!
Hand-selected by us for the best quality for you to enjoy at excellent value.

Emmenthaler AOP

Imported from Switzerland, this medium hard cow's milk cheese is known from its mild, nutty flavour and signature holey appearance. Enjoy this handcrafted cheese on charcuterie boards, in sandwiches, fondue, raclettes, and more!



Try it with...

Farm Boy™ Nuts

\$6.99-\$7.99 ea,
140-190 g



Farm Boy™ Non-Alcoholic Beers

\$2.49 ea, 355 mL



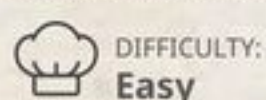
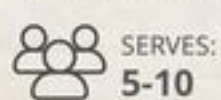
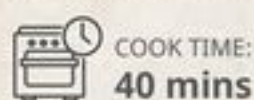
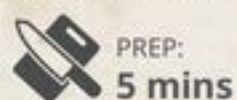
Gala Apples



\$2.99/lb, \$6.59/kg,
Canada Fancy Grade,
product of Ontario



Oat & Spinach Wrap Egg Nests

[View Full Recipe Online](#)

Ingredients

Oat and Spinach Wraps

1 cup Farm Boy™ Organic Large Flake Oats

1/8 tsp salt

1 ½ cups water

2 Farm Boy™ Large Eggs

2 packed cups baby spinach (50 g)

3 tsp Farm Boy™ Virgin Cold Pressed Sunflower Oil, divided

Egg Filling

10 slices Farm Boy™ Naturals Sliced Black Forest Ham

10 Farm Boy™ Large Eggs

1 cup Farm Boy™ Fiesta Blend Shredded Cheese

Farm Boy™ Heat Wave Pepper Sauce, to taste

Sliced red onion and cilantro leaves, for garnish (optional)

Directions

To make the Oat and Spinach Wraps:

- 1 In a blender jar, place Farm Boy™ Large Flake Oats and process until you have a fine flour.
- 2 Add salt, water, 2 Farm Boy™ Large Eggs, and baby spinach. Process until completely smooth.
- 3 Meanwhile, preheat a 9" nonstick pan and add ½ tsp Farm Boy™ Virgin Cold Pressed Sunflower Oil. Pour ¼ cup batter onto pan and swirl to make a thin round. Cook until edges release from pan and surface of wrap bubbles up. Flip wrap and cook for another 2 minutes. Remove to a plate and continue cooking batter until it's all used up.

To make the Egg Filling:

- 1 Heat remaining Farm Boy™ Virgin Cold Pressed Sunflower Oil and cook 10 Farm Boy™ Large Eggs, either sunny side-up or over-easy.
- 2 Place one slice of Farm Boy™ Naturals Sliced Black Forest Ham and a sprinkle of Farm Boy™ Fiesta Blend Shredded Cheese onto each wrap and top with a cooked egg. Fold edges up to make a square.
- 3 Drizzle with Farm Boy™ Heat Wave Pepper Sauce to taste and garnish with red onion and cilantro.



Monthly Hot Bar Menu



WHOLESOME FAVOURITES

Our chefs have crafted a delicious menu inspired by Wholesome Favourites—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 take your taste buds on a culinary journey!



Quinoa, Butternut, and Kale Pilaf

Nutritious and wholesome with vibrant spices.



Buffauxlo Chicken

Made with savoury plant-based protein tossed in a creamy hot sauce.



Turkey Meatball Casablanca

Tender turkey meatballs in a spicy tomato sauce.



Chicken in Broth

Light, comforting, and perfectly seasoned.

While quantities last - not available at Barrhaven or Blue Heron.

FEED THE DREAM



OFFICIAL GROCER

Great
achievements
start with
strong roots.

**Ivanie
Blondin**

Team Canada
Speed Skating
Ottawa, ON



Supporting Team
Canada today and
inspiring athletes
of tomorrow.

[Learn More](#)

**Renata
Fast**

Team Canada
Hockey
Burlington, ON



Dreams Grow When They're Supported

**Apply now for the Farm Boy
Feed The Dream Grant!**

[Learn More](#)

Introducing the **Farm Boy
Feed The Dream Grants**
—providing Ontario youth with
the funds they need to chase
their sporting dreams.

**Two Ontario youth athletes
will earn grants valued
at \$10,000 each.**

*Nominations open
January 8–February 15, 2026.*

Terms and conditions apply. Valid to residents of Canada only.
Visit farmboy.ca/feed-the-dream for official rules and regulations.

**FEED
THE
DREAM**



OFFICIAL GROCER

A Fun, Fresh-Market Experience



At Farm Boy, we strive to show our customers that grocery shopping can be more than just an errand. It can be a source of joy, discovery, and inspiration. We work with **local farmers, growers, and producers** to bring you an unparalleled shopping experience filled with items that surprise and delight. Each store is stocked with **hand-selected products** chosen just for you to enjoy.

Healthy eating made easy.

An abundant selection.

Explore a wide array of flavours fresh from the Farm Boy Kitchen. Discover a variety of freshly hand-cut greens, crisp veggies, savoury mix-ins, and hearty proteins at our Salad Bar to create the ultimate salad that delivers on taste and nutrition. Sourced directly from local farmers and producers, every ingredient is of the highest quality for impeccable flavour and excellent value.



Made from scratch.

Dig into an assortment of prepared salads, made fresh every day by us with high-quality ingredients and our own recipes. From comforting classics and globally inspired dishes to seasonal, limited-time creations, it's all ready and available for you to enjoy.

**Visit us to see how we're changing
the way you shop — one twist at a time!**

[Learn More](#)