

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



Fresh  
**Whole Chicken**  
Canada Grade A,  
product of Ontario



**Romaine  
Hearts**  
product of USA



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



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



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



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



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



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



Orsini  
**Extra Virgin  
Olive Oil**  
1 L



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



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



Dempster's  
**Grain Breads**  
all varieties, 600 g



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



**Simply Protein  
Dipped Bars**  
all varieties, 5x25 g

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](http://farmboy.ca) for store addresses and hours. Not all products available at all stores.

Scan here  
for our full  
digital flyer



@officialfarmboy



[farmboy.ca](http://farmboy.ca)

## Meat & Seafood Market



### Farm Boy® Chef-Prepped Chicken Breast Schnitzel

made by us, all varieties, product of Ontario

SAVE  
\$1.00  
**10.99**  
/lb  
24.23/kg



### Farm Boy® Stuffed Bell Peppers or Portabella Mushrooms

made by us, product of Canada

SAVE  
\$1.00  
**9.99**  
/lb  
22.02/kg



### Cut from Canada AAA Beef Boneless Beef Blade Roast

aged a minimum of 21 days

SAVE  
\$2.00  
**10.99**  
/lb  
24.23/kg



### Farm Boy® Black Tiger Shrimp Signature Burgers

frozen, 4x128 g

SAVE  
\$3.00  
**12.99**  
/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!



**13.99**  
ea

SAVE  
\$1.00  
Serves 2

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



### Farm Boy® Passata or Italpasta Dry Pasta

Passata: 720 mL, Dry Pasta: select varieties, 375-900 g

SAVE  
\$0.50-\$1.00  
**2.49**  
ea



### Farm Boy® Plant-Based Beverages

all varieties, 1 L

SAVE  
\$0.61-\$1.11  
**3.88**  
ea



### Farm Boy® Pressed Cottage Cheese

500 g

SAVE  
\$1.00  
**7.49**  
ea

PKG OF 6

LOCAL

Jumbo Portuguese Buns

528 g



### Broya Bone Broth

all varieties, 500 mL

SAVE  
\$3.00  
**9.99**  
ea



### Organic Frankie's Puffs

BBQ, Jalapeño, or White Cheddar, 120-140 g

SAVE  
\$0.49 ea  
**2/6.00**



### Simply Orange Juice

all varieties, 1.54 L

SAVE  
\$1.00  
**6.99**  
ea

LOCAL

Brandt Smoked Honey Maple Ham

sliced fresh at our Deli Counter

## FRESH Produce Arriving Daily!



### Cocktail Tomatoes

Canada No. 1 Grade, product of Canada

1 lb  
PKG  
**2.99**  
/pkg



### Eggplants or Green Zucchini

product of Mexico

149  
/lb  
3.28/kg



### Organic Greenbelt Salad Greens

all varieties, 113-142 g, product of Canada

**3.99**  
ea



### The Little Potato Co. Creamer Potatoes

Canada No. 1 Grade, product of Canada, 454-680 g

299  
/pkg



### Oyster Mushrooms

product of Canada

2 lb  
CASE  
**8.88**  
/case



### Carrots or Onions

Canada No. 1 Grade, product of Canada

**2/4.00**



### Large Nectarines or Peaches

No. 1 Grade, product of Chile

3.99  
/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

4.99  
ea



### Sweet & Juicy Clementines

product of Morocco/Spain

**2.49**  
/lb  
5.49/kg

Please visit [farmboy.ca](http://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!



PKG OF 6



### Fruit-Filled Pastry Sticks

all varieties,  
baked fresh by us, 300 g

SAVE  
\$0.50

449  
/pkg



SAVE  
20%

### Rognoni Sicilian Sheep Cheese with Peppercorn

discount applied at checkout, 150 g

LOCAL



SAVE  
\$0.50

349  
/100 g

### Brandt Dry Cured Salami

all varieties, sliced fresh  
at our Deli Counter



### Farm Boy™ Flavoured Mayo Spreads

all varieties, 470 mL

SAVE  
\$0.52

547  
ea



### Farm Boy™ Protein Powder or Nutritional Shakes

all varieties, 800 g

SAVE  
\$10.00

3999  
ea



### Daryl's Bars Performance Protein Bars

all varieties, 54-85 g

SAVE  
\$0.50

249  
ea



### Burnbrae Farms Naturegg Simply Egg Whites

500 g



SAVE  
\$1.00

549  
ea



### Kind Granola

all varieties, 312 g

SAVE  
\$1.50

599  
ea



### Nando's Peri-Peri Sauces

all varieties, 250 mL

SAVE  
\$1.00

599  
ea



## Floral Shop

### Premium Long Stem Roses

50 cm stems, 1 dozen

SAVE  
\$5.00

2000  
ea

### Floral Duet Fugi Spider & Poms

50 cm stems, 1 dozen

SAVE  
\$1.00

1300  
ea

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# Gluten-Free Goodies



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™

## 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 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

PREP:  
5 mins

COOK TIME:  
40 mins

SERVES:  
5-10

DIFFICULTY:  
Easy

[View Full Recipe Online](#)

## Ingredients

### Oat and Spinach Wraps

1 cup Farm Boy™ Organic Large Flake Oats

1/8 tsp salt

1 1/2 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 1/2 tsp Farm Boy™ Virgin Cold Pressed Sunflower Oil. Pour 1/4 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.



### Turkey Meatball Casablanca

Tender turkey meatballs in a spicy tomato sauce.

### Buffauxlo Chicken

Made with savoury plant-based protein tossed in a creamy hot 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](http://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](#)