



# FEED THE DREAM



OFFICIAL GROCER



**3.99**  
/lb  
8.80/kg

Extra Large  
**Green or Red  
Seedless Grapes**  
No. 1 Grade, product of Peru



**SAVE \$1.00**

**2.99**  
/lb  
6.59/kg

Fresh  
**Chicken  
Drumsticks**  
skin-on, air-chilled,  
product of Ontario



**2.44**  
/lb  
5.38/kg

Handpicked  
**Green  
Beans**  
product of Mexico/USA



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

**SAVE \$1.00**

**5.99**  
/pkg



Oikos  
**Greek  
Yogurt**  
all varieties, 650-750 g

**SAVE \$1.72**

**6.77**  
ea



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

**SAVE \$4.00**

**9.99**  
/lb  
22.02/kg



From the Bake Shop  
**Sourdough  
Batard**  
540 g

**SAVE \$1.00**

**3.99**  
ea



Farm Boy™  
**Triple  
Cream Brie**  
product of Canada

**SAVE \$1.00**

**3.49**  
/100 g



Brandt  
**Oven Roasted  
Chicken Breast**  
sliced fresh at our Deli Counter

**SAVE \$0.50**

**3.49**  
/100 g



Farm Boy™  
**Soups**  
all Keto or Organic  
varieties, 398 mL



**SAVE \$0.49 ea**

**2/7.00**



Farm Boy™  
**Perogies**  
all varieties, frozen, 454 g



**SAVE \$1.05**

**4.44**  
ea



Farm Boy™  
**Tomatoes**  
all varieties, 796 mL



**SAVE \$0.51**

**1.98**  
ea



Ilios  
**Flavoured  
Salmon**  
all varieties, 120 g

**HOT DEAL!**  
**3.49**  
ea



Farm Boy™  
**Organic  
Milk or Cream**  
all varieties, 946 mL,  
refundable deposit req'd



**SAVE \$1.00-\$1.50**

**3.99**  
ea



Dempster's  
**7" Tortillas**  
all varieties, 272-340 g

**SAVE \$1.44**

**3.25**  
/pkg

**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 22 to Wed., January 28, 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



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

SAVE \$2.55  
**4.44** /lb  
9.79/kg



**Cut from Canada AAA Beef Hip Stewing Beef**  
aged a minimum of 21 days

SAVE \$4.00  
**9.99** /lb  
22.02/kg



**Leadbetter's Naturally Smoked Bacon**  
375 g

SAVE \$2.00  
**4.99** /pkg



**Farm Boy Jumbo Cooked Shrimp**  
frozen, 16-19 shrimp per bag, 21-25/lb count, 340 g

SAVE \$4.00  
**9.99** /pkg

## Chef's Market

### Whole Lotta Flavour!

Our classic savoury pies are made from scratch by our chefs and baked in-store daily. This pie is loaded with Canadian chicken and wholesome veggies like peas and carrots.

**Farm Boy Whole Lotta Chicken Pot Pie**  
7", 550 g



SAVE \$2.00  
**10.99** ea



**Farm Boy Sauerkraut or Red Cabbage Salad with Apples**  
all varieties, 796 mL

SAVE \$0.51  
**4.48** ea



**Farm Boy Pasta Sauces**  
all varieties, 480-680 mL

SAVE \$0.52  
**5.47** ea



**Farm Boy Kefir**  
all varieties, 1 L

SAVE \$1.50  
**4.99** ea



**Farm Boy Coffee Cakes**  
all varieties, 750 g

SAVE \$1.00  
**9.99** ea



**Farm Boy Fava Puffs**  
all varieties, 250 g

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



**Chickapea Organic Pasta**  
all varieties, gluten-free, 227 g

**HOT DEAL!**  
**3.99** ea



**Armstrong Cheese Slices**  
all varieties, 220-240 g

SAVE \$1.00  
**4.99** /pkg



**Brandt Kolbassa Coils**  
all varieties, cut fresh at our Deli Counter

SAVE \$0.60  
**1.99** /100 g

## FRESH Produce Arriving Daily!



**Farm Boy Microgreens**  
7 varieties, product of Canada, 65 g

**3.99** ea



**Whole Brown or White Mushrooms**  
product of Canada, 227 g

**2.25** ea



**Green or Red Cabbages**  
Canada No. 1 Grade, product of Canada

**.75** /lb  
1.65/kg



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

**1.99** /pkg



**Russet or Yellow Potatoes**  
Canada No. 1 Grade, product of Canada

**3.99** /bag



**Mini Sweet Peppers**  
product of Mexico

**2.99** /bag



**Sweet & Juicy Blackberries**  
product of Mexico, 170 g

**1.99** /pkg



**Fresh Large Avocados**  
product of Mexico

**3/5.00**



**Extra Large Cantaloupes**  
No. 1 Grade, product of Honduras/Guatemala

**3.99** ea

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™

## Savoury Pot Pies

Fresh from the Farm Boy Kitchen, these delicious pot pies are prepared using our exclusive recipes and flavourful ingredients. Available in Pork & Beans, Salmon Béchamel, and Sloppy Joe, they're a hearty mealtime choice that pairs perfectly with a fresh salad. Simply good food from good neighbours!



## Spice Up the Party!

A FARM BOY  
**FRESH  
TWIST**

Lemon garlic lovers, we've put "A Farm Boy Fresh Twist" on a fan-favourite dip! It's crafted by us with simple ingredients like edamame, crisp kale, and our zesty Farm Boy™ Lemon Garlic Dressing. Excellent for dipping, spreading, or mixing into dressings, we think you'll love this limited-time offering.



Farm Boy™  
**Lemon Garlic  
Eda-Yummy  
Edamame Dip**  
285 g

**4.99**  
ea



**Jumbo  
Portuguese  
Buns**  
528 g

SAVE  
\$2.00

**3.99**  
/pkg



Albert's Leap  
**Smoked Cheddar**  
discount applied at checkout,  
\$2.99/100 g, product of USA

SAVE  
**25%**



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

SAVE  
\$0.50

**3.49**  
/100 g



Farm Boy™  
**Crunchy  
Oat Cereals**  
select varieties, 325-450 g

SAVE  
\$1.11-\$2.11

**4.88**  
ea



Farm Boy™  
**Tea**  
all varieties, 20 ct

SAVE  
\$0.52

**4.47**  
ea



Califia  
**Almond Beverages**  
select varieties, 1.4 L

SAVE  
\$1.11

**5.88**  
ea



Burnbrae Farms  
**EGGS2go! Omega 3  
Hard Boiled Eggs**  
pkg of 6, 264 g

SAVE  
\$1.05

**4.44**  
/pkg



Elmhurst  
**Plant-Based  
Beverages**  
all varieties, 946 mL

SAVE  
\$1.00

**7.99**  
ea



Farm Boy™  
**Retro  
Soda-Pop**  
all varieties, 355 mL

SAVE  
\$0.74 ea

**4/5.00**

## Floral Shop



**Chilly Goose  
with Air Plants**

SAVE  
\$2.00

**14.00**  
ea



**Kalanchoe  
Bouquet**  
Locally grown! Rainbow pack

SAVE  
\$1.00

**9.00**  
ea

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# Hot Sauce Day



## Farm Boy™ Hot Sauces

Add heat to any meal with our hot sauces, made from fresh, natural ingredients with no added preservatives, sugar, or seasoning powders. Available in Carolina Reaper, Ghost Pepper, Jalapeño & Serrano, and Trinidad Scorpion, drizzle over fish and chips or fish tacos for a punchy kick.

Farm Boy™

## Fusion Hot Sauces

This internationally inspired lineup of spicy sauces features delicious pairings of Aji lemon peppers, ghost peppers, and Scotch bonnets, elevated with standout ingredients like coffee, Madras curry, and pineapple. Prepared in Canada, they'll bring gourmet heat to pizza, chicken wings, and more!



## Spicy Selections

Discover a curated assortment of hot sauces and spicy condiments crafted with quality ingredients and knockout flavours. We do our best to bring you good food from good neighbours, highlighting exceptionally made products with local flair! Find tasty options like No. 7 Hot Sauces, Pepper North Hot Sauces, Zing! Chili Crisp, and more in-store.



## Farm Boy™ Hot Hunni & Hot Honey

Proudly Canadian and free from artificial flavours, we think you'll love Farm Boy™ Hot Hunni—made from rescued organic apples—and our small-batch Hot Honey, crafted with pure honey and chili peppers. These spice-fueled creations add sweet heat to all your savoury dishes and even decadent desserts like ice cream.



# Chimichurri Shrimp



PREP:  
15 mins



COOK TIME:  
5 mins



SERVES:  
2-3



DIFFICULTY:  
Easy

[View Full Recipe Online](#)

## Ingredients

**1/2 packed cup** cilantro (stems and leaves)

**1/2 packed cup** parsley (stems and leaves)

**2 Tbsp** fresh lemon juice

**¼ cup** extra virgin olive oil

**¼ cup** chopped green onion

**1** garlic clove, chopped

**¼ tsp** Farm Boy™ Organic Crushed Chili Peppers

**1 Tbsp** chopped Jalapeño chili

**½ tsp** salt, or to taste

**1 bag** Farm Boy™ Raw 31/40 Shrimp, thawed, peeled (tails left intact)

**1 Tbsp** extra virgin olive oil

Salt and pepper to taste

**2 cups** cooked Farm Boy™ Basmati Rice  
(from 2/3 cups raw)

## Directions

- 1 In blender or food processor, place cilantro, parsley, lemon juice, olive oil, green onion, garlic, Farm Boy™ Organic Crushed Chili Peppers, Jalapeño chili and salt. Pulse until mixture is evenly processed, but not completely smooth. Set aside.
- 2 Dry shrimp with paper towels and season with salt and pepper to taste.
- 3 Preheat a large skillet over medium heat. Add 1 Tbsp olive oil and place shrimp in one layer without crowding. If necessary, do this in batches. Cook for 1 minute, then flip to cook the second side, for 1 minute.
- 4 Remove shrimp from skillet and place in a large bowl. Add half of the chimichurri sauce and toss well.
- 5 Serve over warm Farm Boy™ Basmati Rice and drizzle with more chimichurri sauce.



# 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](https://farmboy.ca/feed-the-dream) for official rules and regulations.

**FEED  
THE  
DREAM**



OFFICIAL GROCER



# The Season's Zest!

## Vibrant citrus fruits to brighten up your days.

We are in the heart of vibrant citrus season, a time when oranges, lemons, grapefruits, and more arrive at our stores at their juiciest and most delicious peak.

Alongside familiar favourites, you'll also find some intriguing and tasty varieties that our buyers bring in from the markets each morning. This winter, embrace the sweet, sour, aromatic, and zesty citrus fruits by incorporating them into your dishes to add bursts of bright colour and flavour.

Remember, this seasonal bounty is available for a limited time, so be sure to enjoy it while you can!


**Disclaimer:** Selected products are subject to availability and may not be available at all stores. Check with one of our Team Members to see if your store carries a particular item.

### Blood Oranges

Sweet, berry-like flavour with some tartness.

**Notable Qualities:** Ruby colour, easy peeling, floral aroma.

**Best Way to Enjoy:** In hand, or in baked goods, juices, and salads.



### Cara Cara Oranges

Sweet, tangy, and candy-like with berry notes.

**Notable Qualities:** Bright orange rind and reddish-pink flesh.

**Best Way to Enjoy:** In hand, or in desserts, salads, and savoury dishes.



### Juicy Crunch Tangerines

Super sweet and slightly tangy.

**Notable Qualities:** Crunchy, juicy texture with a bright orange, easy-to-peel rind.

**Best Way to Enjoy:** In hand, or in cakes and salads.



### Sumo Mandarins

Sweet with notes of mandarin and grapefruit.

**Notable Qualities:** Seedless, easy to peel, and sweet regardless of size.

**Best Way to Enjoy:** In hand, or in drinks, salads, and vinaigrettes.





# Share the Love

## ❖ DINNER FOR TWO ❖

This Valentine's Day, enjoy restaurant quality dining at home with this incredibly priced 4-course meal designed by the Farm Boy Chefs.

Simply pre-order online or in-store for pickup, follow the heating instructions, and enjoy!

### MENU

House Made Focaccia

\*\*\*\*\*

Cream of Truffle Soup  
topped with Truffle Herb Cream

\*\*\*\*\*

Braised Beef Agnolotti  
on a bed of Vegetable Ragu

\*\*\*\*\*

Bearnaise Grilled Salmon,  
Garlic Butter Green Beans and Herb Risotto

\*\*\*\*\*

Individual Dark Chocolate Soufflé  
with Berry Coulis

### ORDERS CLOSE:

Wednesday, Feb. 11

### PICK-UP DATE:

Saturday, Feb. 14

25 MINUTES  
REHEATING

Order in-store or online.  
While quantities last!

**FARMBOY.CA/  
SPECIALTY-DINNERS**

## 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.*

# 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](#)