



FEED THE DREAM



OFFICIAL GROCER



3.99
/lb
8.80/kg

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



LOCAL

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



SAVE
\$1.00

5.99
/pkg

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



Oikos
Greek
Yogurt
all varieties, 650-750 g

SAVE
\$1.72

6.77
ea



Coho
Salmon Fillets
frozen or previously frozen,
product of Chile

GOOD CATCH
SUSTAINABLE

9.99
/lb
22.02/kg



SAVE
\$1.00

3.99
ea

From the Bake Shop
Sourdough
Batard
540 g



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
\$0.49 ea

2.70

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



Farm Boy™
Perogies
all varieties, frozen, 454 g

SAVE
\$1.05

4.44
ea



Farm Boy™
Tomatoes
all varieties, 796 mL



HOT DEAL!

3.49
ea

Ilios
Flavoured
Salmon
all varieties, 120 g



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



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 for store addresses and hours. Not all products available at all stores.

@officialfarmboy



farmboy.ca

Scan here
for our full
digital flyer

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



Leadbitters
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 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



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



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



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



Farm Boy™
Tea
all varieties, 20 ct



Califia
Almond Beverages
select varieties, 1.4 L



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



Elmhurst
Plant-Based
Beverages
all varieties, 946 mL



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



Kalanchoe
Bouquet
Locally grown! Rainbow pack

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.

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
1/4 cup extra virgin olive oil
1/4 cup chopped green onion
1 garlic clove, chopped
1/4 tsp Farm Boy™ Organic Crushed Chili Peppers
1 Tbsp chopped Jalapeño chili
1/2 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 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.



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.



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.



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

25 MINUTES
REHEATING

ORDERS CLOSE:
Wednesday, Feb. 11

PICK-UP DATE:
Saturday, Feb. 14

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.



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.

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](#)