

Come on in!

Quality, value, and
freshness guaranteed.

Proudly Serving
Ontario

EST. 1981 | Cornwall, ON., Canada



.95
2.09/kg

Red, White, or Yellow
Potatoes
Canada No. 1 Grade, product of Canada



SAVE
\$2.00
2.99
6.59/kg

Fresh
Whole Chicken
Canada Grade A,
product of Ontario



2.99
ea

Large
Cantaloupe
No. 1 Grade, product of
Guatemala/Honduras



BUY ONE,
GET ONE
FREE!

Leadbetters
Wood
Smoked Bacon
Original or Triple Pepper, \$5.99 ea, 250 g



SAVE
\$1.55-\$2.05
4.44
/pkg
or ea

Riviera
Petit-Pot
or Set-Style
Yogurt
select varieties, 4x120 g or 750 g



SAVE
\$4.00
8.99
/pkg

Farm Boy®
Raw Wild
Caught
Argentinian
Shrimp

15-23 shrimp per bag, frozen,
23-30/lb count, 340 g



SAVE
\$1.00
6.99
ea

Farm Boy®
Apple Pie
8", 620 g



SAVE
25%

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



SAVE
\$1.00
2.99
/100 g

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



SAVE
\$0.61
2.88
ea

Farm Boy®
Chickpea Chips
all varieties, 120 g



SAVE
\$1.80

3.99
ea

Vegan
Silk
ALMOND
ORGANIC SOY
Plant-Based
Beverages
all varieties, 1.89 L



SAVE
\$0.71
2.28
ea

Farm Boy®
Coconut
Cream or Milk
all varieties, 400 mL



SAVE
\$1.44
3.25
/pkg

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



HOT DEAL!
12.99
ea

Colavita
Extra Virgin
Spanish Olive Oil
750 mL



HOT DEAL!
3.49
ea

Liviva Foods
Shirataki Pasta
or Instant Rice
all varieties, 120 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., February 12 to Wed., February 18, 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 holiday hours. Not all products available at all stores.

Scan here
for our full
digital flyer

farmboy.ca

@officialfarmboy



farmboy.ca

Meat & Seafood Market



Fresh
Pork Tenderloin
product of Canada



Striploin Steaks

MSA Graded 3+, product of Australia



Cut from Canada AAA Beef
Beef Short Ribs

Thick English Cut or Thin Flanken Slice,
aged a minimum of 14 days



Rock Harbour
**Frozen
Cooked Lobster**

350 g, product of Canada

Chef's Market

Mamma Mia!

Our tender, authentically crafted pasta is made with simple ingredients like durum semolina flour, wheat flour, eggs, and water. Available in 8 varieties—including Butternut Squash Ravioli, enjoy a delicious meal in minutes with our fresh pasta sauces or pestos.



**Farm Boy®
Fresh Pastas**

Linguine or Pappardelle: \$2.99, 300 g
Gnocchi, Ravioli or Tortellini: \$3.99, 300-350 g



FRESH Produce Arriving Daily!



Fuji Apples
Canada Fancy Grade,
product of Canada



**Blood Oranges
or Cara Cara
Oranges**
product of USA



Red Plums
No. 1 Grade,
product of Chile



Dragon Fruit
product of
Honduras/Vietnam



**Pomelo
Gift Box**
product of China



**Young
Coconut**
product of Vietnam



**Romaine
Hearts**
product of USA



**Organic
Mushrooms**
Black Oyster, King Oyster, Oyster,
or Shiitake, product of Canada, 227 g



**Red, Spanish, Sweet, or White
Onions**
No. 1 Grade, product of Mexico/USA

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!

Harry & Heels Donuts

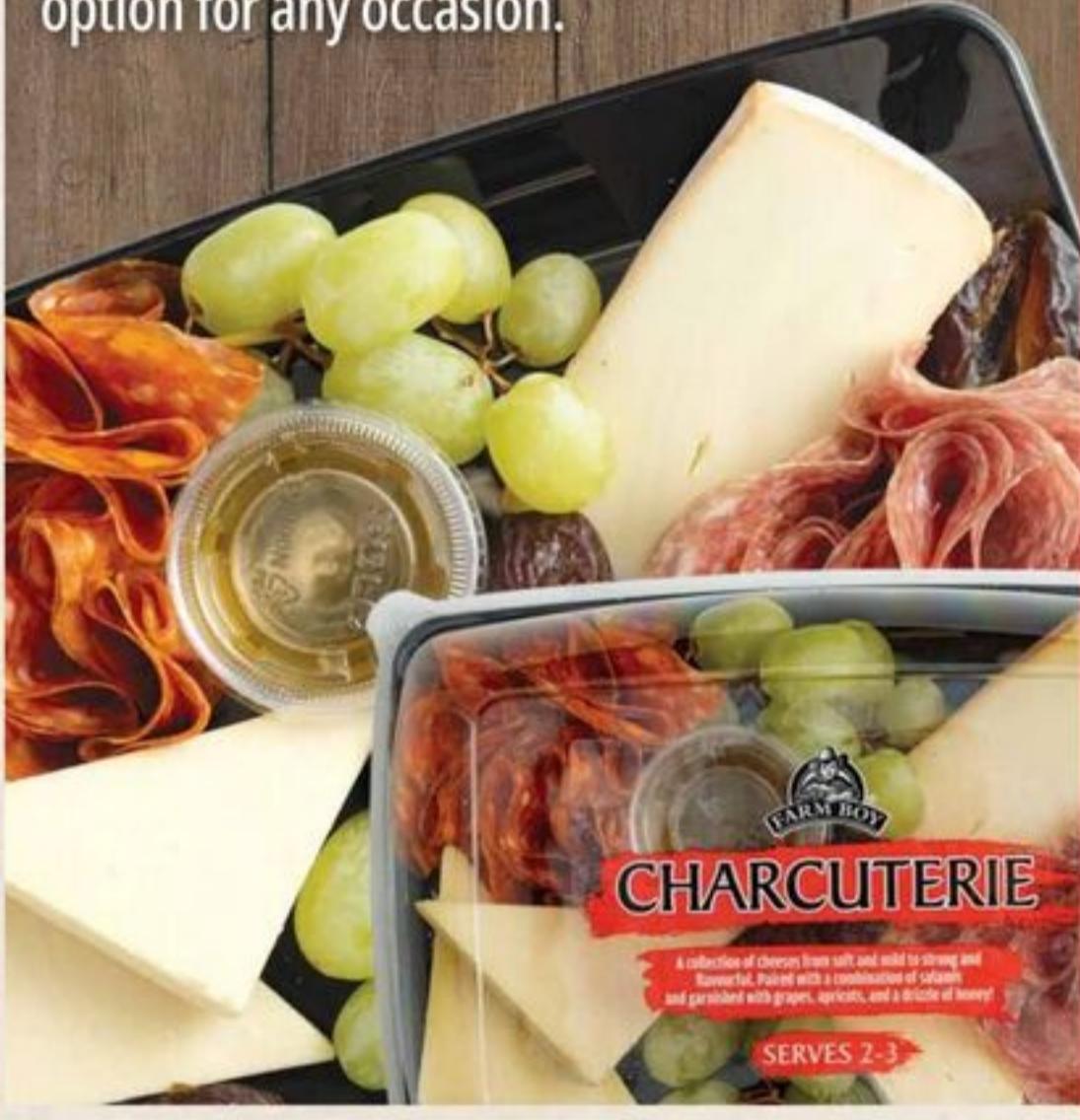
These super soft, old-school donuts are made from scratch and delivered to us fresh!

Try the Harry & Heels Donut of the Month: Nutella Cream Filled. Savour this treat with our assortment of locally sourced coffees, aromatic teas, and more!



Farm Boy™ Charcuterie Trays for 2

An easy appetizer, snack, or light meal, this charcuterie board is thoughtfully curated to satisfy every palate. Featuring two artisan cheeses, savoury salami, Ontario honey and sweet fruits, it's a convenient yet sophisticated option for any occasion.



Rustic
Italian Buns
pkg of 6, 540 g



Nuts for Cheese
Fermented
Cashew
Cheese Alternative
all varieties, 120 g



Farm Boy™
Sliced
Rosette de Lyon
all varieties, 125 g



Farm Boy™
Crunchy
Cookies
all varieties, 454 g



Farm Boy™
Fair Trade
Coffee Beans
all varieties, 454 g



Farm Boy™
Kimchi
all varieties,
490 mL



Greenhouse
Boosters
all varieties,
4x60 mL



Elmhurst
Plant-Based
Beverages
all varieties, 946 mL



Broya
Bone Broth
all varieties,
500 mL



Premium
Long Stem
Roses
50 cm stems, 1 dozen

Farm Boy™
Bounty
Bouquet

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Happy Lunar New Year!



White
Asian Pears
product of China

188
/lb
4.14/kg



**Pomelo
Gift Box**
product of China

888
/pkg



Fuji Apples
Canada Fancy Grade,
product of Canada

188
/lb
4.14/kg



Bean Sprouts
product of Canada

.88
/lb
1.94/kg



**Fresh
Garlic**
product of China

.68
/pkg



**Jumbo
Chinese Carrots**
product of China

.88
/lb
1.94/kg



**Farm Boy™
Marinated Boneless
Beef Short Ribs**
Thin Sliced, Alabama, or Korean

20.99
/lb
46.27/kg



**Organic
Mushrooms**
Black Oyster, King Oyster, Oyster,
or Shiitake, product of Canada, 227 g

5.88
/pkg



**Thin Sliced
Meat Rolls**
Beef, Chicken, Lamb, or Pork,
made in Canada, frozen

6.49-10.99
/lb
14.31/kg
24.23/kg



Chrysanthemums

12.88
ea



Money Tree
5" pot

18.00
ea



**Jade Plant
in Pocket**
4" pot

10.88
ea



**Farm Boy™
Fresh Noodles**
355-450 g

3.49
ea



**Summ!
Spring Rolls**
pkg of 6, 350 g

5.99
ea



**Summ!
Gyoza**
250 g

5.99
ea

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Happy Lunar New Year!



Farm Boy™ Shrimp & Pork Wontons
300 g

SAVE \$1.11
788 ea



Farm Boy™ BBQ Pork Buns
240 g

SAVE \$1.11
688 /pkg



Farm Boy™ Pork & Black Truffle Soup Dumplings
280 g

SAVE \$1.11
788 ea



Farm Boy™ Pork Siu Mai
288 g

SAVE \$1.11
788 ea



Farm Boy™ Edamame
500 g

SAVE \$1.11
488 ea



Farm Boy™ Dumplings
all varieties, 500 g

SAVE \$1.61
588 ea



Farm Boy™ Organic Tofu
all varieties, 350-454 g

SAVE \$0.61
288 ea



Farm Boy™ Coconut Cream or Milk
all varieties, 400 mL

SAVE \$0.71
228 ea



Dao Xiang Cun Walnut Crispy Cookies
640 g

SAVE \$2.11
1288 ea



Dao Xiang Cun Pinenut Jujube Cakes
240 g

SAVE \$0.61
788 ea



Thiem Dried Mango
250 g

SAVE \$4.11
788 ea



ChaCha Daily Nuts
7x26 g

SAVE \$0.61
888 ea



Y&Y Sea Greens Roasted Seaweed Snack
Classic or Koren BBQ, 3x5 g

SAVE \$0.61
168 ea



Hapi Wasabi Green Peas
140 g

SAVE \$0.51
548 ea



Y&Y Instant Noodles
454 g

SAVE \$0.61
188 ea



Hakubaku Specialty Noodles
all varieties, 269 g

SAVE \$0.71-\$1.21
328 ea



Y&Y Minced Garlic & Ginger
210 g

SAVE \$0.61
288 ea



Y&Y Bamboo Shoots & Water Chestnuts
227 mL

SAVE \$0.61
118 ea



Huy Fong Condiments
Garlic Chili Sauce or Sambal Oelek, 211-213 mL

SAVE \$0.51
348 ea



Kewpie Mayonnaise
465 mL

SAVE \$0.51
848 ea

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Silken Tofu & Peanut Butter Mousse

 PREP:
15 mins + Chill time

 SERVES:
4-6

 DIFFICULTY:
Easy

[View Full Recipe Online](#)

Ingredients

1 bar Farm Boy™ Dark Chocolate (80 g), chopped

1 pack (500 g) Farm Boy™ Organic Silken Tofu, undrained

2 Tbsp cocoa powder

1/4 cup Farm Boy™ Organic Peanut Butter

1/4 cup Farm Boy™ Amber Maple Syrup or Farm Boy™ Pure Ontario Liquid Honey, or to taste

2 tsp vanilla extract

2 Tbsp crumbled Farm Boy™ Coconut Cookie Chips for garnish

Fresh berries for garnish

Farm Boy™ Coconut Cookie Chips for garnish

Fresh mint leaves for garnish

Directions

1 Place Farm Boy™ Dark Chocolate in microwaveable cup and heat in 20 second intervals, stirring every time, until chocolate is melted. Set aside to cool while you prep the rest of the ingredients.

2 Place the Farm Boy™ Organic Silken Tofu with its liquid, cocoa powder, Farm Boy™ Organic Peanut Butter, Farm Boy™ Amber Maple Syrup, and vanilla extract in blender jar along with the melted chocolate. Blend until completely smooth. The mixture will be thick; scrape down sides of blender as you blend.

3 Pour into four to six dessert cups and chill to set, about 30-60 minutes.

4 Just before serving, garnish with Farm Boy™ Coconut Cookie Chips, fresh berries, and mint leaves.

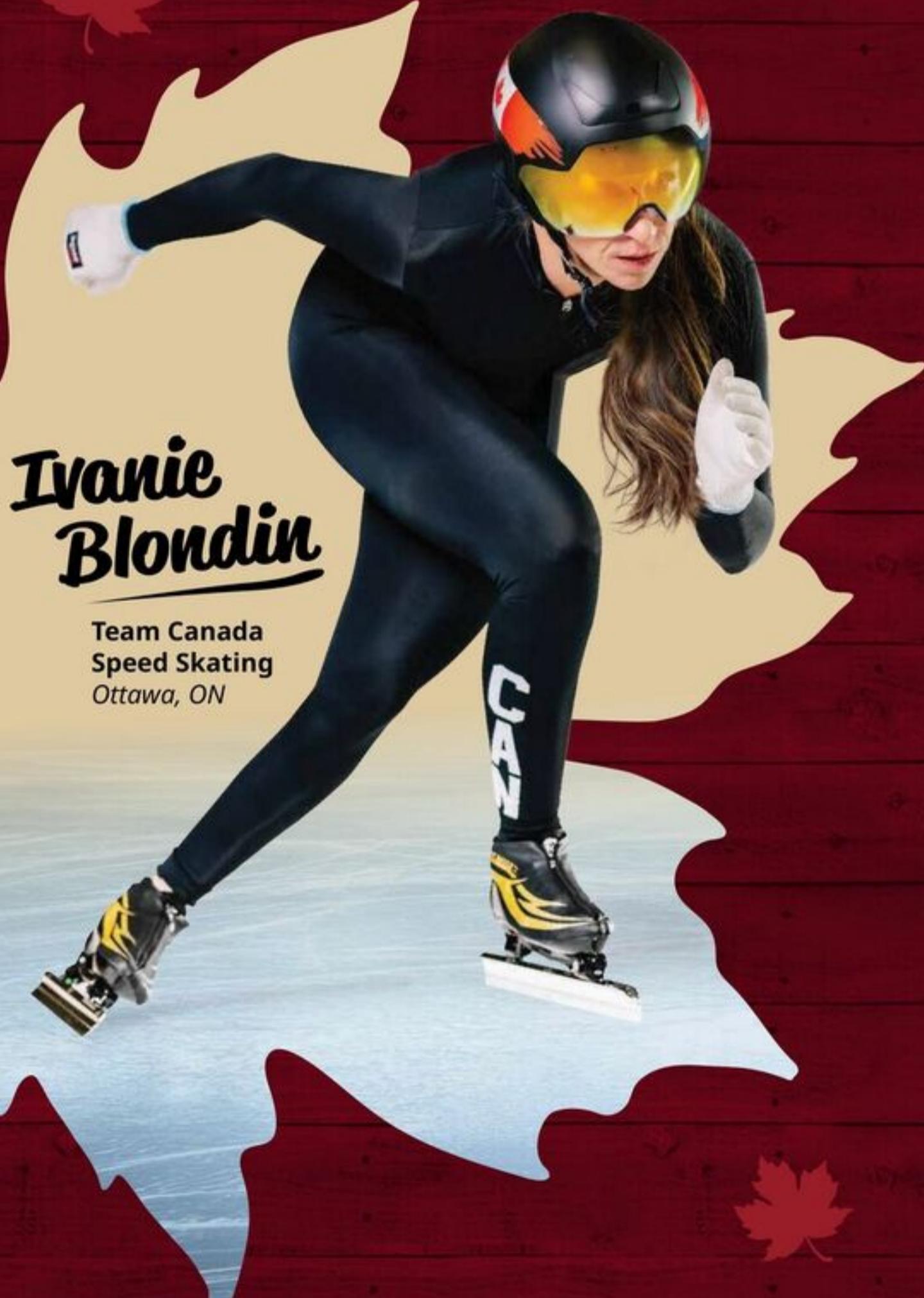


FEED THE DREAM



OFFICIAL GROCER

Great
achievements
start with
strong roots.



**Ivanie
Blondin**

Team Canada
Speed Skating
Ottawa, ON

Go Team Canada Go!
Farm Boy is proud
to be the official grocer
of Team Canada for
the Milano Cortina
2026 Olympic
and Paralympic Games.

[Learn More](#)



**Renata
Fast**

Team Canada
Hockey
Burlington, ON

Monthly Hot Bar Menu



GAME DAY

Ready to score major flavour points, our chefs have crafted a mouthwatering menu inspired by pub-style favourites. Prepared daily with our exclusive recipes and signature seasonings, we think you'll love these delicious dishes!



Buffalo Chicken Wings

Perfectly seasoned chicken wings tossed in our Buffalo Sauce.



Vegetable Thai Spring Rolls

Colourful veggies encased in a crispy, crunchy wrapper.



Smokehouse Pork Ribs

Tender pork ribs smothered in a bold, smoky BBQ sauce.



Chicken & Biscuit Pot Pie

Classic pot pie filling topped with a buttermilk biscuit.

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

A Fun, Fresh-Market Experience

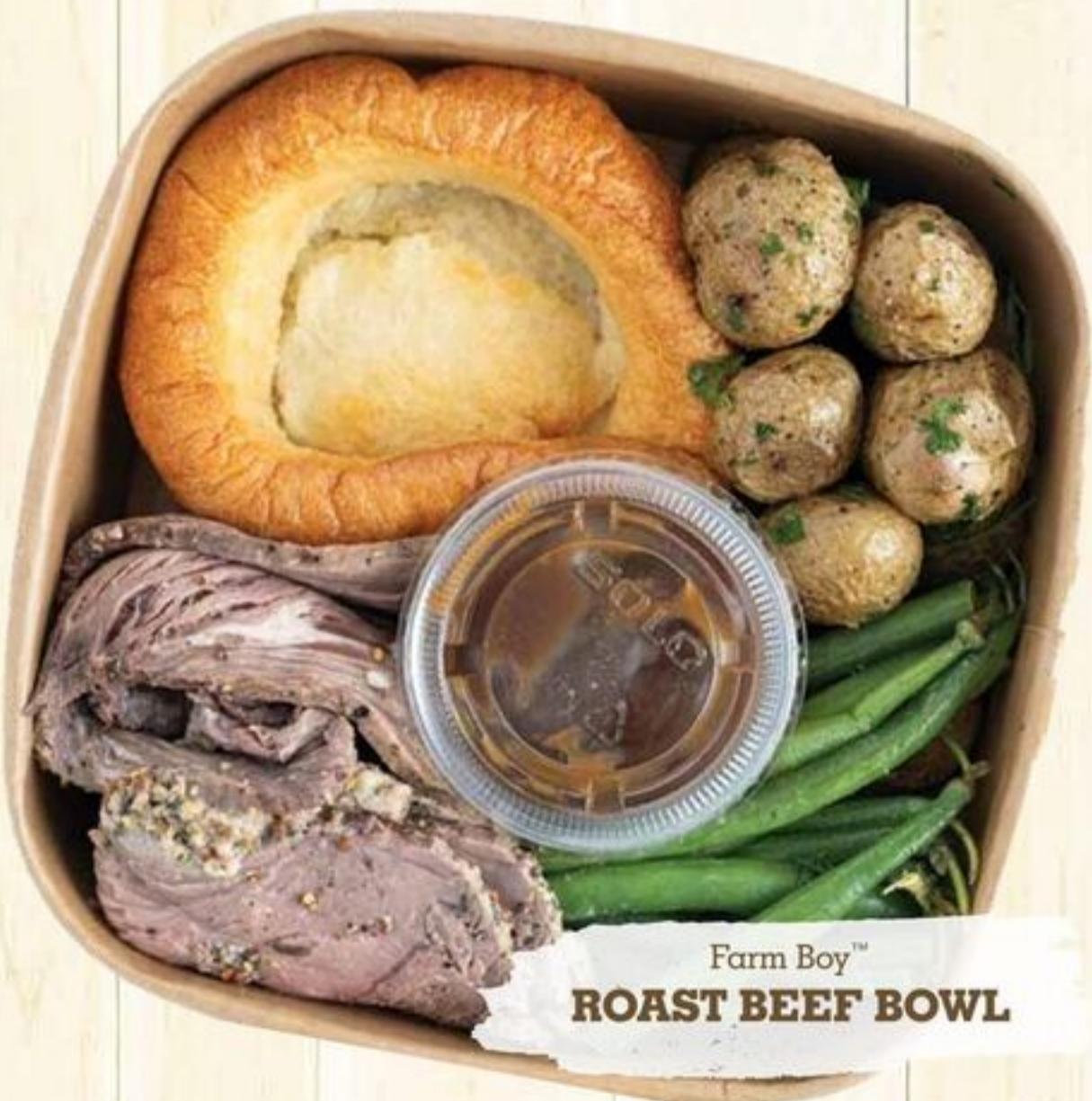
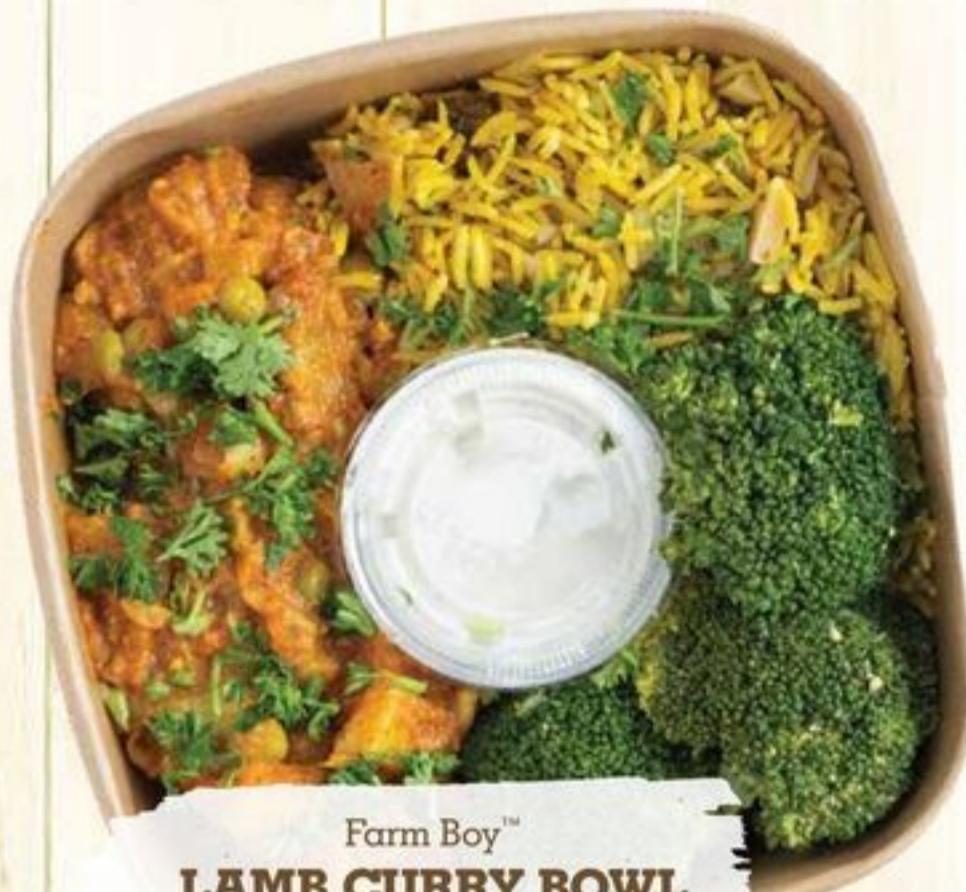


At Farm Boy, we believe grocery shopping can be more than an errand—it can be a source of joy, discovery, and inspiration. We partner with local farmers and producers to create a shopping experience filled with hand-selected products that surprise and delight. From handcrafted dishes made with our own recipes to internationally inspired meals and more, come on in and discover what's in-store.

Discover new culinary inspiration.

Grab and go convenience.

Inspired by global flavours, our convenient meals are ready to enjoy hot or cold. Perfect for busy days, they get you closer to the farm with quality and great value—no passport required. Choose from flavours like BBQ Tofu (plant-based), Lamb Curry, Roast Beef, and more!



Made fresh by us.

Crafted daily by our chefs using fresh ingredients and exclusive recipes, our bowls make mealtime easy. Packed with vibrant veggies, tender proteins, and savoury sauces, they deliver a delicious balance of nutrition and flavour.

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

[Learn More](#)