

Come on in!

Quality, value, and
freshness guaranteed.



Proudly Serving
Ontario

EST. 1981 | Cornwall, ON., Canada



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

.95
/lb
2.09/kg



Fresh
Whole Chicken
Canada Grade A,
product of Ontario

SAVE
\$2.00

2.99
/lb
6.59/kg



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

2.99
ea



Leadbetter's
Wood Smoked Bacon
Original or Triple Pepper, \$5.99 ea, 250 g

**BUY ONE,
GET ONE
FREE!**



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

SAVE
\$1.55-\$2.05

4.44
/pkg
or ea



Farm Boy™
**Raw Wild
Caught
Argentinian
Shrimp**

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

SAVE
\$4.00

8.99
/pkg



Farm Boy™
Apple Pie
8", 620 g

SAVE
\$1.00

6.99
ea



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

**SAVE
25%**



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

SAVE
\$1.00

2.99
/100 g



Farm Boy™
Chickpea Chips
all varieties, 120 g

SAVE
\$0.61

2.88
ea



Silk
**Plant-Based
Beverages**
all varieties, 1.89 L

SAVE
\$1.80

3.99
ea



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

SAVE
\$0.71

2.28
ea



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

SAVE
\$1.44

3.25
/pkg



Colavita
**Extra Virgin
Spanish Olive Oil**
750 mL

HOT DEAL!

12.99
ea



Liviva Foods
**Shirataki Pasta
or Instant Rice**
all varieties, 120 g

HOT DEAL!

3.49
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., 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



@officialfarmboy



farmboy.ca

Meat & Seafood Market



Fresh
Pork Tenderloin
product of Canada

SAVE
\$2.00
5.99
/lb
13.21/kg



Cut from Canada AAA Beef
Beef Short Ribs
Thick English Cut or Thin Flanken Slice,
aged a minimum of 14 days

SAVE
\$3.00
12.99
/lb
28.64/kg



Striploin Steaks
MSA Graded 3+, product of Australia

HOT DEAL!
17.99
/lb
39.66/kg



Rock Harbour
Frozen Cooked Lobster
350 g, product of Canada

SAVE
\$2.00
13.99
/pkg

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

SAVE
\$2.00
2.99-3.99
ea



Farm Boy™
Fruit-Filled Jams
all varieties, 250 mL

SAVE
\$0.52
4.47
ea



Yumi
Morning Oats
all varieties, 264 g

HOT DEAL!
3.99
ea



Gay Lea
Whipped Cream
all varieties, 225 g

SAVE
\$1.61
3.88
ea



From the Bake Shop
Sourdough Batard
540 g

SAVE
\$0.50
4.49
ea



Stonemill
Bakehouse
Honest Wellness Breads
all varieties, 454-550 g

SAVE
\$1.00
4.49
ea



Tropical Delight
Coconut Water
330 mL, or \$14.99/Case (12x330 mL)

Case of 12
\$14.99
SAVE
\$0.82 ea
3/5.00



Farm Boy™
Homestyle Lasagna
all varieties, 1.22 kg

SAVE
\$3.00
12.99
ea



Farm Boy™
New-York Deli Style Smoked Brisket
sliced fresh at our Deli Counter

SAVE
\$0.50
3.99
/100 g

FRESH Produce Arriving Daily!



Fuji Apples
Canada Fancy Grade,
product of Canada

1.88
/lb
4.14/kg



Blood Oranges or Cara Cara Oranges
product of USA

1.98
/lb
4.37/kg



Red Plums
No. 1 Grade,
product of Chile

2.98
/lb
6.57/kg



Dragon Fruit
product of Honduras/Vietnam

2.98
ea



Pomelo Gift Box
product of China

PKG OF 4
8.88
/box



Young Coconut
product of Vietnam

2/5.00



Romaine Hearts
product of USA

PKG OF 3
4.99
/pkg



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

5.88
/pkg



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

1.48
/lb
3.26/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!

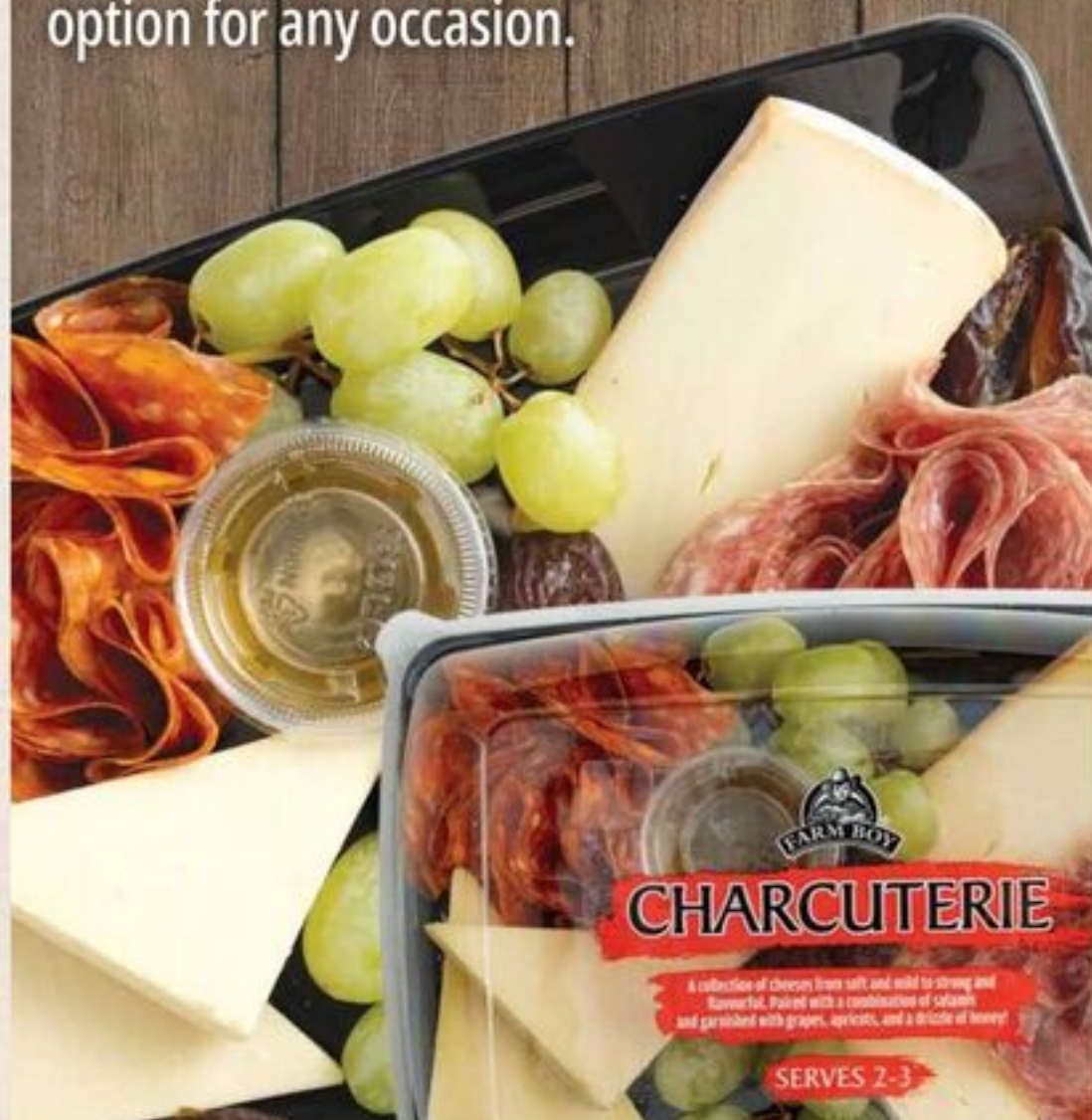
Harry & Heels Donuts

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

SAVE \$0.50
4.49 /pkg



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

SAVE \$1.00
10.99 ea



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

SAVE \$0.50
8.49 /pkg



Farm Boy™ Crunchy Cookies
all varieties, 454 g

SAVE \$1.11
6.88 ea



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

SAVE \$2.00
16.99 ea



Farm Boy™ Kimchi
all varieties, 490 mL

SAVE \$1.00
7.99 ea



Greenhouse Boosters
all varieties, 4x60 mL

SAVE \$2.00
12.99 /pkg



Elmhurst Plant-Based Beverages
all varieties, 946 mL

SAVE \$1.00
7.99 ea



Broya Bone Broth
all varieties, 500 mL

SAVE \$3.00
9.99 ea

Love in Full Bloom



Premium Long Stem Roses
50 cm stems, 1 dozen

SAVE \$5.00
35.00 ea

Farm Boy™ Bounty Bouquet

29.00 ea

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Share the Love



Farm Boy™ Red Velvet Cake

An elegant classic with a soft crumb and subtle tang! Made with our exclusive recipe, this red velvet cake features a luxuriously soft crumb, a signature tang, and a delicate cocoa finish. An irresistible showstopper, it's perfect for savouring on your own or sharing with someone special. Here for a limited time, get it while you can!



Red Velvet Heart Shaped Filled Cookies

Spread the love with these sweet Valentine's Day sandwich cookies. Perfect for sharing, each box contains eight pairs of two heart-shaped red velvet cookies that hug a layer of creamy frosting. They're a delectable treat that's only around for a limited time.

Farm Boy™ Red Velvet Cookies

A cocoa-loaded sandwich cookie with velvety cream cheese filling! The ultimate seasonal indulgence, our scrumptious sandwich cookie gets a dose of red velvet inspiration. Between two soft, crimson-coloured cocoa cookies sits a velvety cream cheese filling with just the right amount of tang. Finished with a delicate sugar crunch, it's gift worthy of sharing.



Farm Boy™ New York-Style Cheesecake

Rich, indulgent cheesecake with a brownie base! Our rich cheesecakes are crafted with authentic ingredients and classic flavours. With a decadent brownie base, enjoy it in Vanilla with Milk Chocolate Swirl or Vanilla with Raspberry Swirl. An easy choice that elevates any dessert course, just thaw, serve, and savour!



Valentine's Treasures

Free gift wrapping is available at select locations February 13–14
with your floral purchase. Visit farmboy.ca to find a location near you.

We offer a wide variety of plants and florals that bring seasonal delight to your home. From high-quality bouquets and gorgeous arrangements to festive potted plants, we have everything you need to add some holiday spirit to your indoor and outdoor décor at excellent value!



Farm Boy™
10 Stem Tulips
Locally grown!

12⁹⁹
ea



Bloom & Glow Arrangement

22⁰⁰
ea



Harvest Bundle Bouquet

25⁰⁰
ea



Dianthus Pink Kiss
4" pot

9⁰⁰
ea



Cupid's Arrow Arrangement

14⁰⁰
ea



Rose in Celine Ceramic
4" pot

15⁰⁰
ea



Show Stopper Bouquet

Available in a variety of colours

45⁰⁰
ea



Premium Orchids

26⁰⁰
ea

Fresh strawberries hand-dipped in rich chocolate—available for a limited time!



Chocolate Covered Strawberries
230 g

7⁹⁹
/pkg

Strawberries with Chocolate Syrup

275 g

5⁹⁹
ea

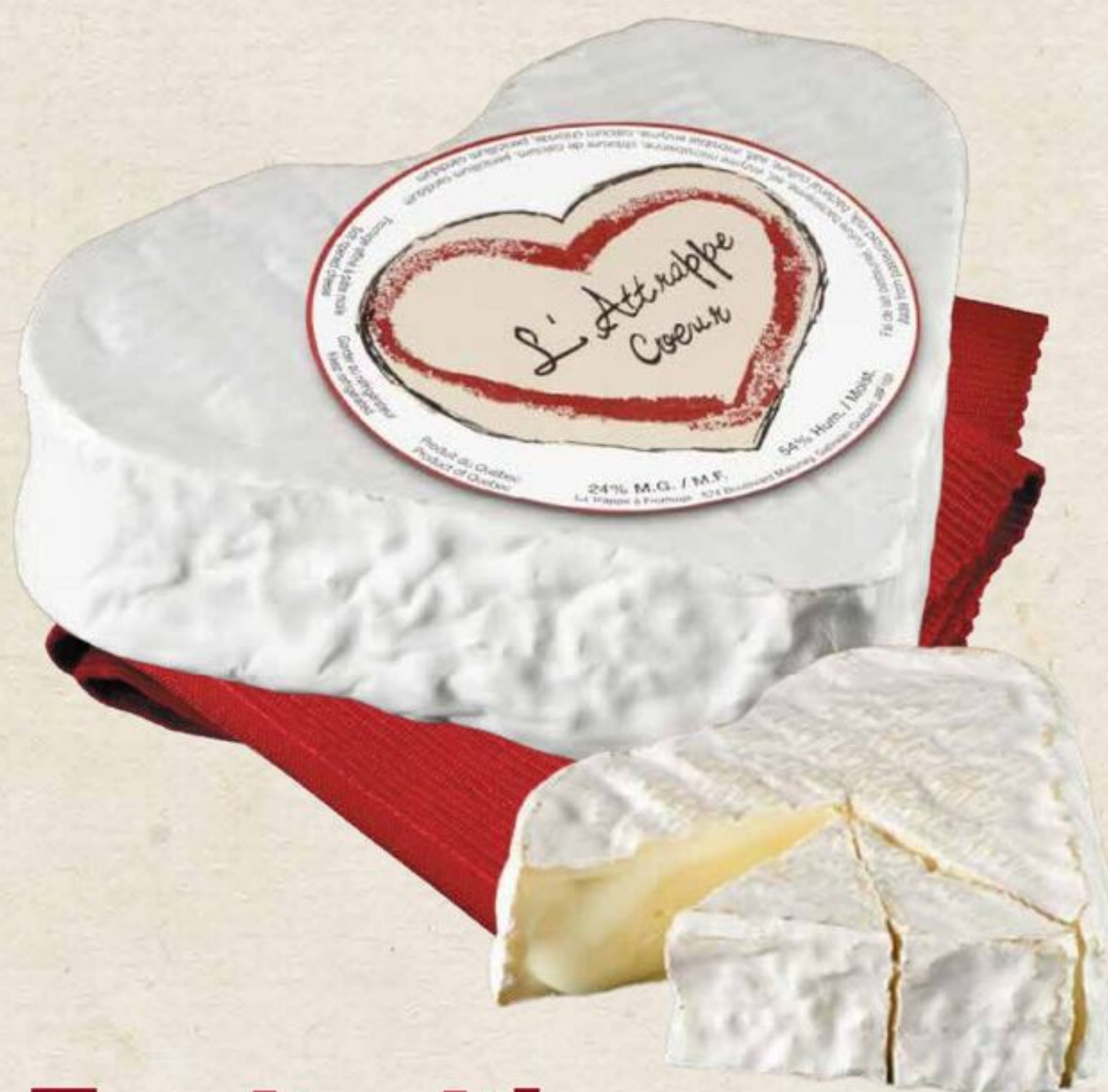


FARM BOY PICKS

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.

L'Attrappe Coeur

Proudly crafted in Quebec, this mild, buttery-soft cheese is made with 100% Canadian milk. Its earthy profile and subtly sweet aroma make it a delicious partner for white wine, stone fruits, and maple-flavoured snacks.



Try it with...

Farm Boy™ 
**Sparkling
Non-Alcoholic
Beverages**
\$2.99 ea, 275 mL

Farm Boy™ 
**Rosette
de Lyon**
\$12.99 ea,
SAVE \$1.00 ea, 300 g

Farm Boy™ 
**Artisan
Crackers**
\$5.99/pkg, 150 g



Share the Love with Share-cuterie

Our stores are stocked with artisanal cheeses, antipasto, crackers, cured meats, and more. From the Chef's Market to our Cheese and Deli Department, craft a snackable display with our expertly curated selection of products.

Legend

1. Farm Boy™ European Deli-Style Salami \$6.99/pkg, 125 g
2. Farm Boy™ Goat's Milk Cheese \$5.99 ea, 113 g
3. Farm Boy™ Red Pepper Jelly \$5.99 ea, 185 mL
4. Farm Boy™ Double Baked Pita Crackers \$3.99 ea, 170 g
5. Farm Boy™ Ajvar \$6.99 ea, 314 mL
6. Farm Boy™ Antipasti or Salami Trios \$9.99/pkg, 150 g
7. Farm Boy™ Gourmet Olives \$7.99 ea, 580 mL
8. Farm Boy™ Imported Cheddars \$8.99 ea, 200 g
9. Farm Boy™ Sliced Rosette de Lyon \$8.49/pkg, SAVE \$ 0.50/pkg, 125 g
10. Farm Boy™ Artisan Crackers \$5.99 ea, 150 g
11. Farm Boy™ Compote \$6.99 ea, 150 g
12. Farm Boy™ Brie Bakes \$9.99 ea, 265 g



Farm Boy™
Baguette Crisps
\$4.49 ea, 142 g



Farm Boy™
Gourmet Pâte
\$5.99 ea, 125-150 g



Farm Boy™
Serrano Ham
\$9.99/pkg, 125 g



Farm Boy™
Organic Pickles
\$7.99 ea, 500 mL-1L



Farm Boy™
Spanish Deli Bites
\$9.99/pkg 150 g



Farm Boy™
Camembert
\$3.69/100 g product of Canada



Farm Boy™
Organic Swiss Cheese
\$9.99 ea, 190 g



Farm Boy™
Gourmet Mustards
\$5.99 ea, 225 mL

Happy Lunar New Year!



White
Asian Pears
product of China

1⁸⁸
/lb
4.14/kg



**Pomelo
Gift Box**
product of China

PKG
OF 4

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

PKG
OF 3

.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

20⁹⁹
/lb
46.27/kg



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

LOCAL

5⁸⁸
/pkg



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

6⁴⁹-10⁹⁹
/lb
14.31/kg 24.23/kg



Chrysanthemums

12⁸⁸
ea



Money Tree
5" pot

18⁰⁰
ea



**Jade Plant
in Pocket**
4" pot

10⁸⁸
ea



Farm Boy™
Fresh Noodles
355-450 g

3⁴⁹
ea



Summ!
Spring Rolls
pkg of 6, 350 g

5⁹⁹
ea



Summ!
Gyoza
250 g

5⁹⁹
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
Mixed 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
- ¼ **cup** Farm Boy™ Organic Peanut Butter
- ¼ **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!

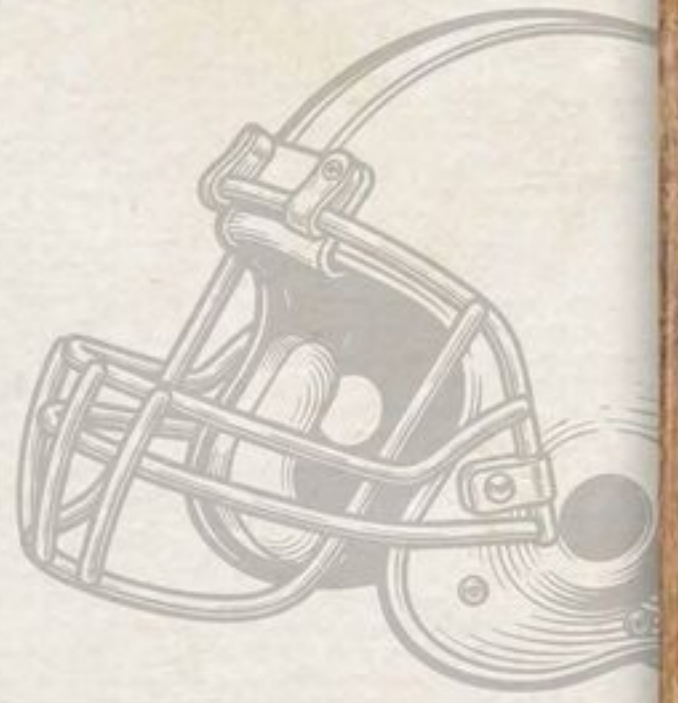
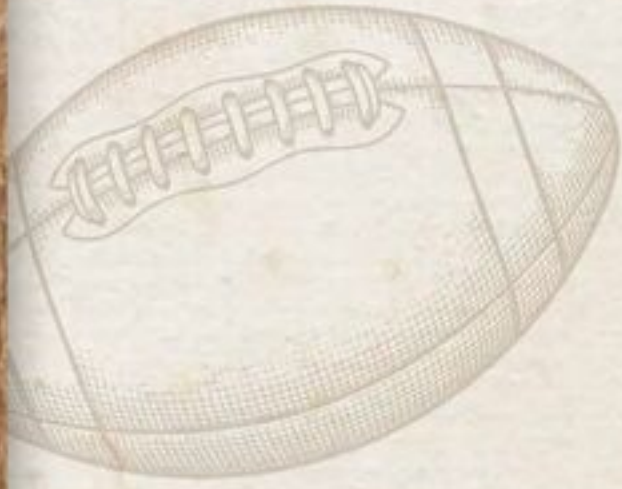
Farm Boy is proud to be the official grocer of Team Canada for the Milano Cortina 2026 Olympic and Paralympic Games.

[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

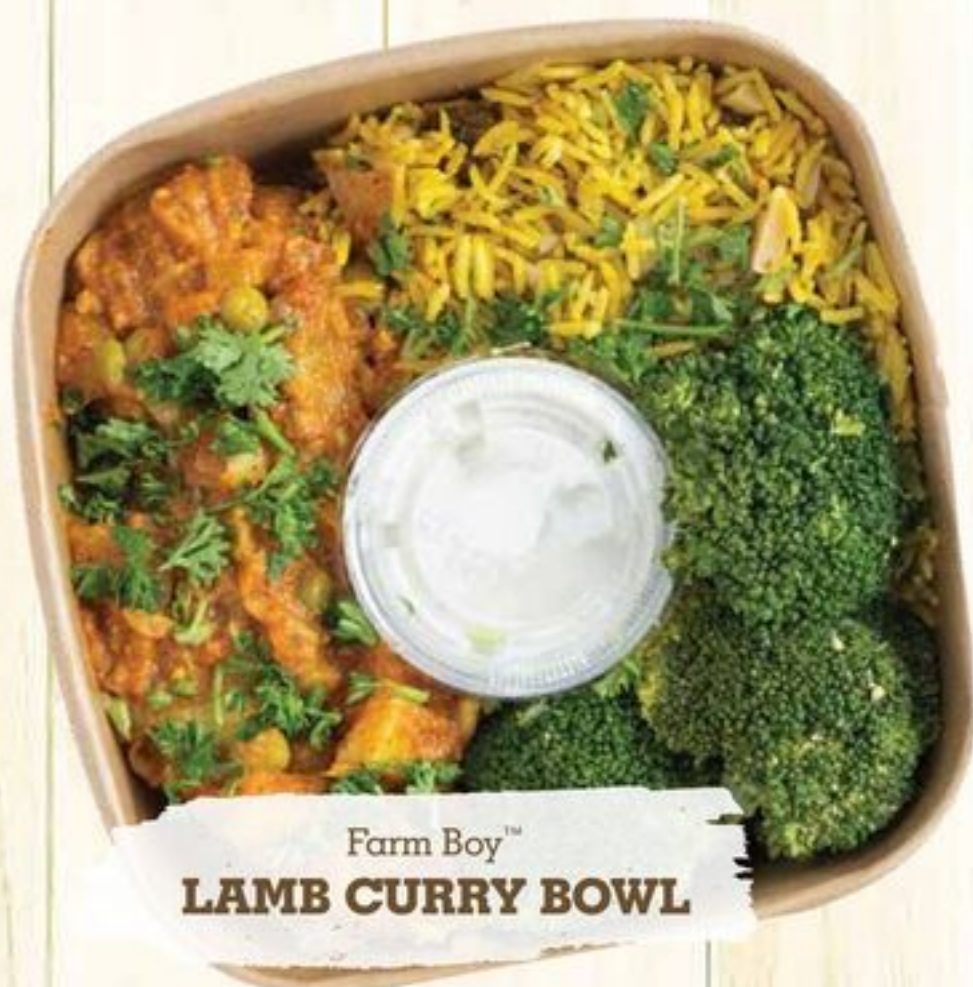
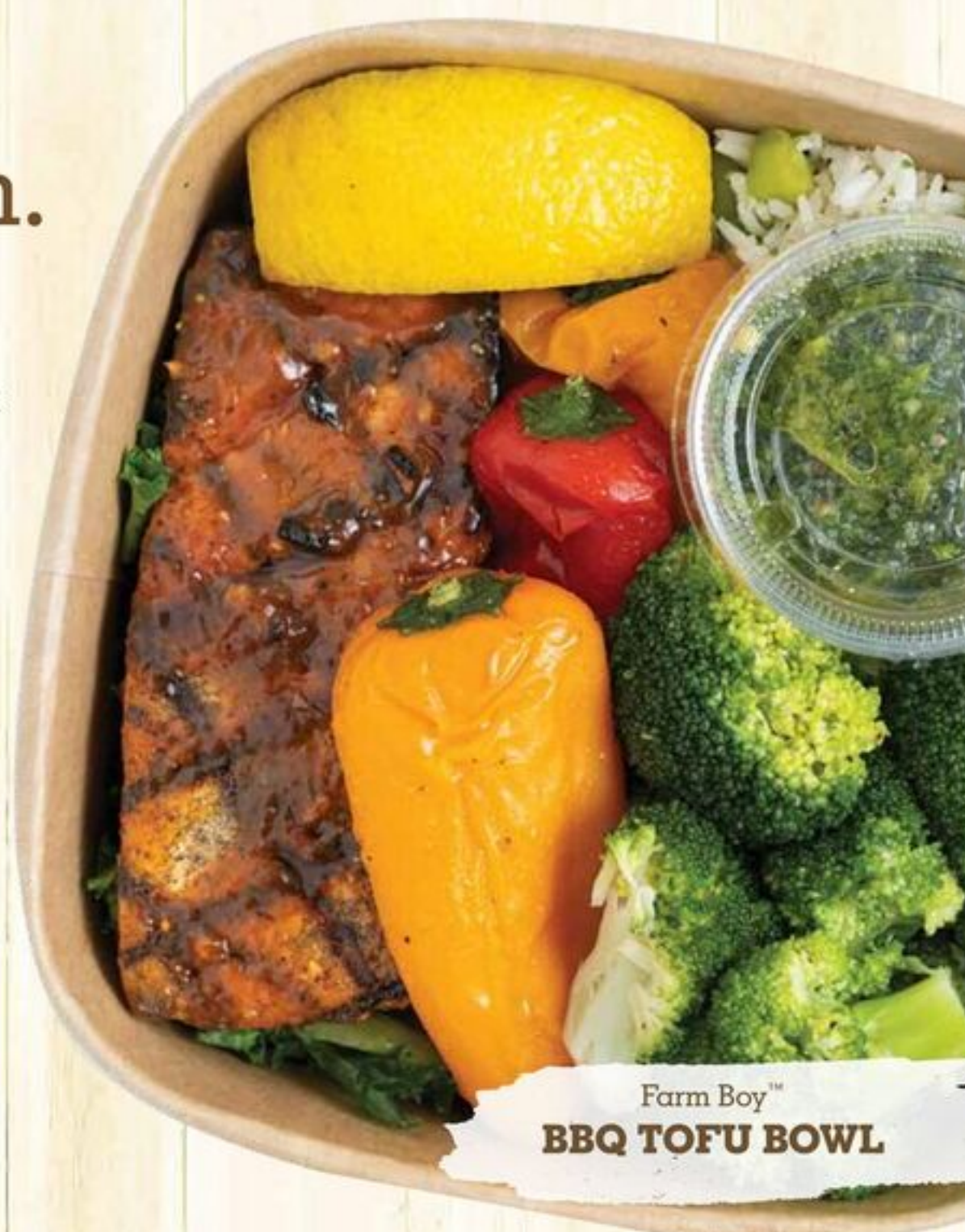


At Farm Boy, we believe grocery shopping can be more than an errand—it can be a source of joy, discovery, and inspiration. We partner with local farmers and producers to create a shopping experience filled with hand-selected products that surprise and delight. From handcrafted dishes made with our own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

Discover new culinary inspiration.

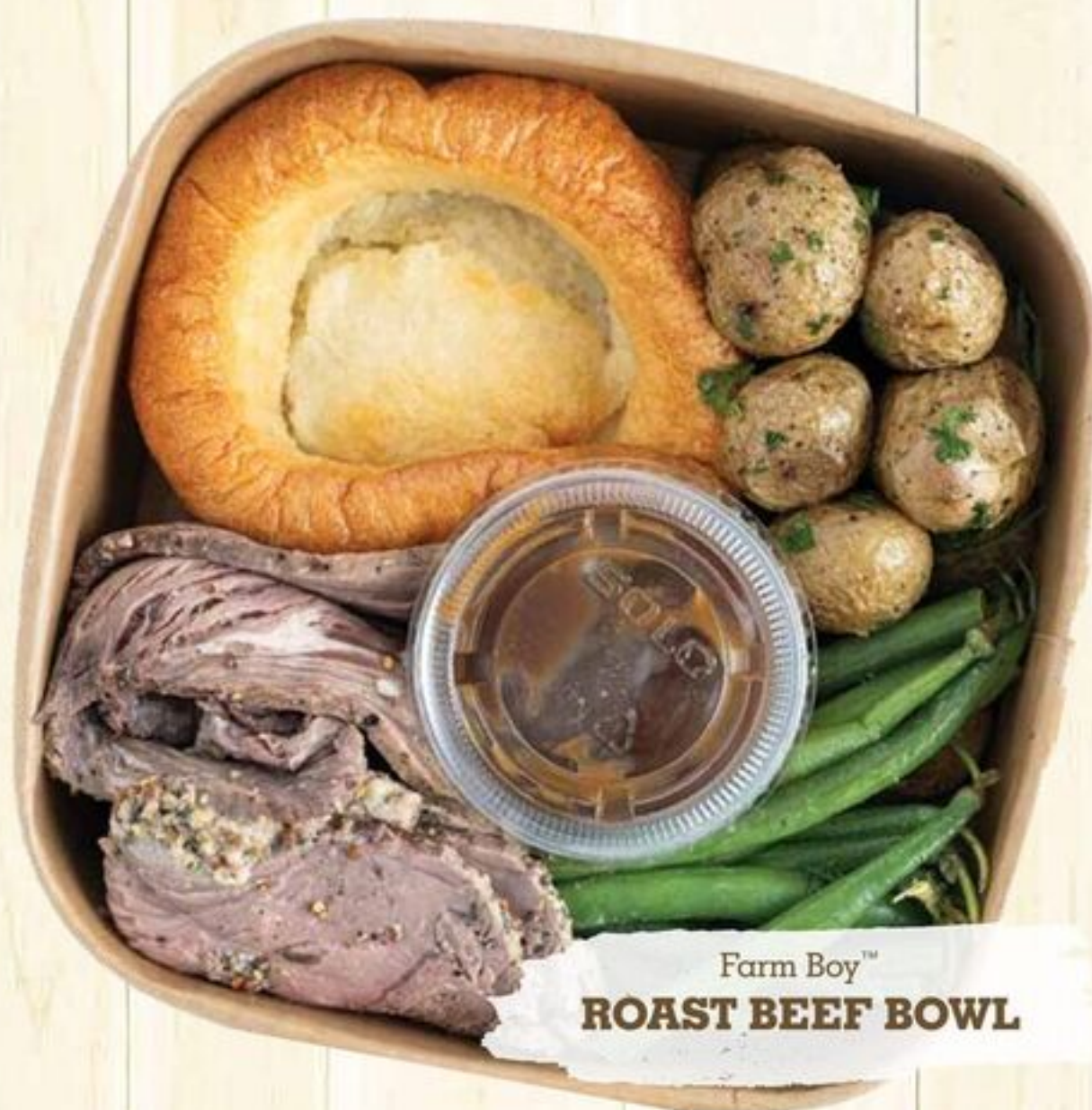
Grab and go convenience.

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](#)