



# EASTER DINNERS

Enjoy a gourmet feast with our chef-prepared Easter Dinners for 2 or 6-8!



Last day to order:  
Sun. March 29



**1.88**  
/lb  
4.15/kg

**Broccoli Crowns**  
product of Mexico/USA



SAVE  
\$2.00

**4.99**  
/lb  
11.00/kg

Fresh, St. Louis **Pork Side Ribs**  
cryovac pkg,  
product of Ontario



2 lb  
BAGS

**3.99**  
/bag

Sweet & Juicy **Clementines**  
product of Morocco



SAVE  
\$2.00

**4.99**  
/pkg

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



SAVE  
\$1.30

**3.99**  
/pkg

Oikos **Greek Yogurt**  
all varieties, 4x100 g



SAVE  
\$4.00

**4.99**  
/pkg

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



SAVE  
\$2.00

**6.99**  
/pkg

Traditional **Portuguese Tarts**  
all varieties, 450 g



BUY ONE,  
GET ONE  
50% OFF!

Farm Boy™ **European Deli Style Salami**  
\$6.99/pkg, all varieties, 125 g



SAVE  
\$1.00

**2.99**  
/100 g

Le Baron **French Brie**  
cut fresh at our Cheese Counter,  
product of France



SAVE  
\$0.52

**4.47**  
ea

Farm Boy™ **Fattoush Chips**  
all varieties, 190 g



SAVE  
\$1.00-\$2.00

**3.99**  
ea

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



SAVE  
\$0.82 ea

**3/5.00**

Farm Boy™ **Skipjack Tuna**  
Chunk or Flake,  
in Oil or Water, 170 g



SAVE  
\$1.00

**6.99**  
/pkg

Zevia **Zero Sugar Sodas**  
all varieties, 6x355 mL



SAVE  
\$1.00

**8.99**  
ea

Farm Boy™ **Pinsa Pizzas**  
all varieties, frozen,  
380-418 g



SAVE  
\$1.50

**3.29**  
ea or  
/pkg

Villaggio **Bread or Buns**  
all varieties, 550-675 g,  
or pkg of 6 or 8

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., March 5 to Wed., March 11, 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.

Scan here for our full digital flyer



@officialfarmboy



farmboy.ca

## Meat & Seafood Market

## Chef's Market

**SAVE \$1.00**  
**9<sup>99</sup>** /lb  
22.02/kg

**Farm Boy™ Stuffed Bell Peppers or Portabella Mushrooms**  
made by us, product of Canada

**LOCAL**  
**SAVE \$1.00-\$2.00**  
**7<sup>99</sup>** /lb  
17.61/kg

**Boneless, Skinless Chicken Breast**  
fresh, product of Canada

**SAVE \$3.00**  
**9<sup>99</sup>** /lb  
22.02/kg

**CANADIAN BEEF**  
**Cut from Canada AAA Beef Sirloin Tip Oven Roast**  
aged a minimum of 21 days

**LOCAL**  
**SAVE \$2.00**  
**12<sup>99</sup>** /lb  
28.64/kg

**Boneless Fresh Rainbow Trout Fillets**  
available at all stores except Blue Heron Mall, product of Canada

### Old-School Pot Pies

- Golden, flaky pastry with hearty chicken or traditional meat filling.
- Just pop in the oven and enjoy with a crisp salad!
- Proudly prepared in Canada.

**SAVE \$1.00**  
**8<sup>99</sup>** ea

**Farm Boy™ Savoury Meat Pies**  
Chicken Pot Pie or Traditional Meat, 550 g

**LOCAL**  
**SAVE \$0.49 ea**  
**2/4<sup>00</sup>**

**Farm Boy™ Baked Beans**  
all varieties, 398 mL

**SAVE \$0.52**  
**4<sup>47</sup>** ea

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

**SAVE \$1.11**  
**4<sup>88</sup>** /pkg

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

**SAVE \$0.50**  
**3<sup>49</sup>** ea

**Crispy & Tangy Sourdough Baguette**  
baked fresh by us, 325 g

**SAVE \$1.00**  
**5<sup>99</sup>** ea

**St. Dalfour Handcrafted Fruit Spreads**  
all varieties, 225 mL

**Vegan**  
**SAVE \$0.72**  
**3<sup>77</sup>** ea

**Farm Boy™ Plant-Based Beverages**  
all varieties, 1 L

**SAVE \$2.00**  
**6<sup>99</sup>** ea

**Gay Lea Specialty Butters**  
all varieties, 250 g

**SAVE \$0.50**  
**2<sup>99</sup>** /100 g

**Country Meat Hardwood Smoked Ham**  
sliced fresh at our Deli Counter

## FRESH Produce Arriving Daily!

**LOCAL**  
**PKG OF 2**  
**3<sup>99</sup>** /pkg

**Living Lettuce**  
product of Canada

**PKG OF 4**  
**2<sup>95</sup>** /pkg

**Tomatoes**  
No. 1 Grade, product of Canada/USA

**LOCAL**  
**2/5<sup>00</sup>**

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

**1 lb PKG**  
**3<sup>95</sup>** /pkg

**Mini Sweet Peppers**  
product of Mexico

**Organic**  
**1<sup>75</sup>** /lb or ea

**Papaya or Passion Fruit**  
Papaya: \$1.75/lb (\$3.86/kg),  
Passion Fruit: \$1.75 ea, product of Colombia/Guatemala/Peru

**1<sup>99</sup>** /lb or ea

**Brussels Sprouts or Spinach Bunches**  
Brussels Sprouts: \$1.99/lb (\$4.39/kg),  
Spinach Bunches: \$1.99 ea, product of Mexico/USA

**LOCAL**  
**1<sup>88</sup>** /lb  
4.15/kg

**Ambrosia or Royal Gala Apples**  
Canada Fancy Grade, product of Canada

**3<sup>99</sup>** ea

**Dino or Santa Claus Melons**  
No. 1 Grade, product of Brazil

**3/2<sup>00</sup>**

**Large Lemons or Limes**  
product of Mexico/USA

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™ Family Faves

- Crafted fresh in our kitchen with our exclusive recipes.
- Inspired by comfort dishes from around the world.
- A convenient option that generously serves four.

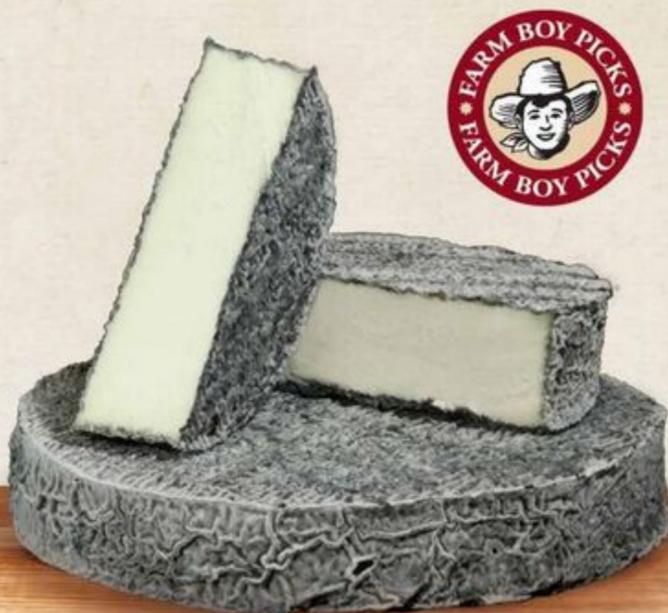
Available in Butter Chicken & Rice, Penne & Meatballs, Pork Souvlaki with Tzatziki, and Sweet Italian Sausage & Orzo, \$19.99 ea, 1.2 kg



## Fromagerie le Détour

# Grey Owl

- Canadian-made surface-ripened soft goat's milk cheese.
- Creamy, dense, and slightly crumbly texture with a lightly salty and lemony flavour.
- Ideal for charcuterie boards, salads, or served warm with honey.



**LOCAL** **PKG OF 4**

**SAVE \$0.50**

**4.49** /pkg

Farm Boy™ Buttermilk Scones  
all varieties, 250 g

**LA SUISSE NORMANDE**

**SAVE \$0.50**

**12.49** ea

La Suisse Normande Le Pizy  
product of Canada, 200 g

**LOCAL**

**SAVE \$0.50**

**3.49** /100 g

Farm Boy™ Smoked Pastrami or Corned Beef  
sliced fresh at our Deli Counter

**KIND** **BREAKFAST DÉJEUNER**

**SAVE \$1.50**

**4.49** /pkg

Kind Breakfast or Granola Bars  
all varieties, 175-200 g

**CACHE CUISINE**

**SAVE \$0.50**

**4.49-5.49** ea

Cache Cuisine Baking Mixes  
all varieties, 454-908 g

**Vegan**

**SAVE \$0.80**

**2.99** ea

Silk Hazelnut Latte Oat Creamer  
450 mL

**LOCAL**

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

**3.99** /pkg

Farm Boy™ Garlic Rolls or Garlic Texas Toast  
select varieties, 405-672 g

**Organic**

**SAVE \$1.00**

**5.49** /pkg

Clipper Fairtrade Tea  
all varieties, 20s

**Risotto**

**SAVE \$0.52**

**4.47** ea

Farm Boy™ Risotto  
all varieties, 240 g

## Floral Shop

**SAVE \$1.00**

**9.00** ea

**SAVE \$5.00**

**20.00** ea

Moon Series Carnations  
Perfect for Women's Day

Premium Long Stem Roses  
50 cm stems, 1 dozen

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# Maple Delights



Made From  
**SCRATCH**

## Farm Boy™ Maple Walnut Loaf Cake

- Made from scratch using our exclusive recipe.
- Delicious maple flavour, walnuts, and a tangy cream cheese icing.
- Here for a limited time, enjoy it while it's here!

## Farm Boy™ Maple Crème Cookies



- Made with 100% Canadian maple syrup.
- Crafted from a simple recipe for a naturally delicious taste.
- Proudly prepared in Ontario.



## Farm Boy™ Maple Swiss Rolls



- Soft sponge cake rolled with fluffy maple-flavoured frosting.
- Excellent on its own or with Farm Boy™ Ice Cream or Gelato.
- Proudly prepared in Ontario.



## Farm Boy™ Maple Spreads



- Crafted with pure Canadian maple syrup.
- Rich, decadent, and versatile choice for sweet or savoury dishes.
- Available in Maple Butter and Maple Caramel Spread.



# Mediterranean Red Lentil Soup

 PREP:  
10 mins

 COOK TIME:  
30 mins

 SERVES:  
6

 DIFFICULTY:  
Easy

[View Full Recipe Online](#)

## Ingredients

**2 Tbsp** extra virgin olive oil  
**1 ¼ cups** finely chopped onion  
**1 cup** finely chopped carrots  
**¾ cup** finely chopped celery  
**2** garlic cloves, minced  
**1 tsp** Farm Boy™ Organic Oregano  
**½ tsp** Farm Boy™ Organic Ground Cumin  
**¼ tsp** Farm Boy™ Crushed Chili Peppers  
**1** bay leaf  
**½ cup** Farm Boy™ Crushed Tomatoes  
**2 Tbsp** Farm Boy™ Organic Tomato Paste  
**1 package** Farm Boy™ Organic Low Sodium Chicken Broth  
**1 cup** Farm Boy™ Split Red Lentils, rinsed and drained  
Salt and pepper to taste  
Zest and juice of ½ a lemon, or more to taste  
**½ cup** crumbled Farm Boy™ Organic Feta Cheese  
**¼ cup** chopped parsley  
Lemon wedges for garnish  
Crusty bread for serving

## Directions

- 1** In a large pot, heat olive oil over medium high heat and add onion, carrots, celery, and garlic. Cook until vegetables soften, about 5 minutes.
- 2** Add Organic Oregano, Organic Ground Cumin, Crushed Chili Peppers, and bay leaf and cook for 2 minutes.
- 3** Add Crushed Tomatoes, Organic Tomato Paste, Organic Low Sodium Chicken Broth, and Split Red Lentils. Season with salt and pepper to taste and bring mixture to a gentle boil. Turn heat down to a simmer and cook, partially covered, until lentils are tender, about 20 minutes.
- 4** Remove bay leaf and using an immersion blender, pulse the soup in the pot until you reach a creamy texture.
- 5** Add lemon zest, juice, and parsley. Adjust seasoning and serve, garnished with Organic Feta Cheese.
- 6** Top date and almond mixture with chocolate, spreading evenly to the edges.
- 7** Serve with lemon wedges and crusty bread.





# Happy Ramadan!

Ramadan Mubarak!  
To all our customers, vendors,  
and Team Members observing,  
we wish you a peaceful  
and joyful Ramadan.

# Happy Ramadan!



**6.99**  
/pkg

## Sukkari Galaxy Dates

product of Saudi Arabia, 400 g



**9.99**  
/pkg

## Ajwa Dates

product of Saudi Arabia, 400 g



**9.99**  
/pkg

## Turkish Lerida Figs

product of Türkiye, 500 g



**14.99**  
/pkg

## Jordanian Medjool Dates

product of Jordan, 1 kg



**2.99**  
/pkg

## Turkish Garland Figs

product of Türkiye, 200 g



**1.99**  
/pkg

## Tunisian Pitted Dates

product of Tunisia, 200 g



**6.49**  
ea

## Organic Date Syrup

product of  
United Arab Emirates, 470 g



International Women's Day



# Happy International Women's Day

#GiveToGain

This International Women's Day, we're proud to celebrate the amazing women who help make Farm Boy an exceptional fresh-market shopping experience. Their knowledge, support, and generosity continue to inspire us each and every day.



## 🍁 Women Led & Locally Owned 🍁 Businesses that support change.



**Carmen Douville & Lauren Jones**  
Co-Founders

Geez Louise  
[drinkgeezlouise.com](http://drinkgeezlouise.com)



**Meui Kang**  
Founder

MEUI  
[www.meui.ca](http://www.meui.ca)



**Venessa Stonehouse**  
Co-Founder & CEO

Mindful FUD  
[mindfulfud.com](http://mindfulfud.com)



**Maria Fiallos & Valeria Fiallos-Soliman**  
Co-Founders

Las Chicas del Cafe  
[laschicasdelcafe.com](http://laschicasdelcafe.com)



**Tara, Megan, & Laura Tomulka**  
Sisters & Co-Founders

Rawcology  
[rawcology.com](http://rawcology.com)



**Sharon Kelly**  
Founder

Situ's Kitchen  
[situskitchen.com](http://situskitchen.com)

Read more at [farmboy.ca/IWD2026](http://farmboy.ca/IWD2026)



# Evening in Dublin

## ✿ DINNER FOR TWO ✿

Enjoy restaurant-quality dining at home with this incredibly priced, gourmet four-course meal.

### Menu

Homestyle Bread

Pilsner &  
Potato Chowder

Irish Cheese Flan  
with Balsamic Glazed Onions

Beef & Guinness Pot Pie  
Scallion Mashed Potatoes,  
Gravy, Mixed Lemon Garlic Greens

Toffee Pudding  
with Whipped Irish Coffee Cream

ORDERS CLOSE:  
Wednesday, Mar. 11

PICK-UP DATE:  
Saturday, Mar. 14

25  
Minute  
Reheating

Order in-store or online.  
While quantities last!

FARMBOY.CA/  
SPECIALTY-DINNERS



# COMPLETE EASTER DINNER

SERVES 6-8 PEOPLE

## Turkey or Ham You Choose!



Includes  
A Treat  
from our  
Chefs!

Enjoy a roasted turkey with cranberry ginger sauce and turkey gravy, or choose a ham with maple mustard glaze and honey mustard cream sauce.



DON'T FORGET  
TO ADD DESSERT!

**Includes four delicious sides to complete your meal:**

Chive Mashed  
Potatoes

Cranberry Apple  
Sausage Stuffing

Steamed  
Green Beans

Roasted  
Baby Carrots

**ORDERS CLOSE:**

Sunday, March 29

**PICK-UP DATES:**

Thursday, April 2  
Saturday, April 4

All pictures shown are for illustration purposes only.



Order in-store or online at [farmboy.ca/specialty-dinners/](https://farmboy.ca/specialty-dinners/) - *While quantities last!*



# EASTER

✿ DINNER FOR TWO ✿

This Easter, 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

Carrot Tomato Soup with Herb Oil and Tomato Crumb

✿ Beet Tartare with Honey Whipped Ricotta ✿

✿ Garlic Buns ✿

✿ Roasted Turkey Breast with Cranberry Apple Sausage Stuffing

Cranberry Ginger Sauce and Turkey Gravy

Roasted Baby Carrots, Green Beans and Chive Mashed Potatoes

✿ Carrot Cake Blondie with Cream Cheese Whipped Cream ✿

**ORDERS CLOSE:**

Sunday, March 29

**PICK-UP DATE:**

Saturday, April 4

50 MINUTES REHEATING



Order in-store or online. While quantities last!

[FARMBOY.CA/SPECIALTY-DINNERS](http://FARMBOY.CA/SPECIALTY-DINNERS)

## Monthly Hot Bar Menu



# IRISH HILLS

Tuck into homestyle cooking with a mouthwatering, chef-prepared menu inspired by classic Irish flavours. Prepared daily with exclusive recipes and high-quality ingredients, we think you'll love these delicious dishes!



### *Leek & Potato Gratin*

Layers of cheesy potatoes and leeks with a golden crust.



### *Hearty Beef Stew*

Slow-cooked beef and veggies in a rich, savoury gravy.



### *Chicken Coddle*

Perfectly seasoned rustic stew with chicken.



### *Maple Roots & Sprouts*

Tender vegetables in a sweet maple syrup glaze.

*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. From handcrafted items made with our own recipes to seasonal sweets that show the best our country has to offer, come on in and discover what's in-store.

## Tap into something sweet.

### Fresh Baked Maple-Flavoured Cruffies

- Our buttery croissant-muffin pastry.
- Filled with a rich, maple-flavoured cream.
- A handcrafted treat only available for a limited time.



*When fluffy meets flaky.*



*Made from scratch.*

### Farm Boy™ Maple BBQ Sauce

- Crafted by us in small batches.
- Made with simple ingredients and our own recipes.
- Versatile enough to use as a basting sauce, dip, or marinade.

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

[Learn More](#)