



So much fresh
to discover.



Fresh
Sweet Corn
product of USA



No. 1 Grade!

3.99
/pkg



Fresh
Pork Back Ribs
cryovac pkg,
product of Canada

Expertly trimmed
& ready to grill!

4.99
/lb
11.00/kg

Save \$4

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



2.99
/lb
6.59/kg

Save \$1

Marinated
Shrimp Skewers
previously frozen, all varieties, 60 g



1.99
/skewer

Save \$.50

**Jumbo Cantaloupes
or Honeydew Melons**
No. 1 Grade, product of
Honduras/Mexico



3.99
ea

Brandt
Oven Roasted Chicken Breast
sliced fresh at our Deli Counter



3.49
/100 g

Save \$.50

Farm Boy™
Sliced Cheese all varieties, 160 g



4.99
/pkg

Save \$1

From the Bake Shop
Potato Burger or Hot Dog Buns
pkg of 6 or 8, 480-640 g



3.99-4.99
/pkg

Save \$1

Farm Boy™
S'mores Kit 18-20 s'mores per pkg, 380 g



THEY'RE BACK!

Save \$.52

6.47
/pkg

Farm Boy™
Ice Cream or Frozen Yogurt
all varieties, 1.5 L



6.99
ea

Save \$1.50

Hardbite
True North Spuds Chips 128 g



HOT DEAL!

Small Batch
Kettle-Cooked!

2.99
ea

Farm Boy™
Brioche Hamburger Buns
Regular or Sesame, 4x57 g



Save \$.99 ea

2/6

Gay Lea
Sour Cream
all varieties,
425-500 mL



Save \$1.30-\$1.50

3.49
ea

Zevia
Zero Sugar Sodas
all varieties, 6x355 mL



Save \$1

6.99
/pkg

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.

A FARM BOY
**FRESH
TWIST**
Discover what
makes us different!
Look for this
mark in store.

FRESH SPECIALS IN EFFECT: Thurs., May 14 to Wed., May 20, 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 holiday store hours. Not all products available at all stores.

Scan here
for our full
digital flyer



@officialfarmboy



Visit farmboy.ca for a full list of store addresses to find a location near you.

Meat & Seafood Market

Farm Boy™
Gourmet Burgers
made by us, all varieties,
prepared in Canada, 170 g per burger

- Made with wholesome, high-quality ingredients.
- Inspired by international cuisines and classic flavours.
- Prepared fresh by us in-store with our own exclusive recipes.

\$3.99 ea



A FARM BOY
**FRESH
TWIST**

Cut from Canada AAA Beef
**Boneless Beef
Blade Roast**



Aged a minimum
of 21 days.



Save \$3

10⁹⁹
/lb
24.23/kg

Hayter's Farm
Extra Lean Turkey Burgers
all varieties, pkg of 4,
product of Ontario, 450 g



Save \$1

6⁹⁹
/pkg

Farm Boy™ Naturals
**Double Smoked
Sliced Bacon**
product of Ontario, 375 g



Save \$1

5⁹⁹
/pkg

Cut from Canada AAA Beef
**Rib Grilling
Steaks**



Aged a minimum
of 21 days.

Save \$4

22⁹⁹
/lb
50.68/kg

Schneiders
**Juicy
Jumbos
Original Wieners**
450 g

HOT DEAL!



4⁹⁹
/pkg

Farm Boy™
Stadium Smokies
all varieties, 500 g



Save \$1

6⁹⁹
/pkg

Farm Boy™
**Hand-Stacked
Chicken Breast Kebabs** all varieties

- Hand-stacked by us with premium Canadian chicken breast and garden-fresh vegetables.
- Enjoy flavours like Wild Garlic, Halloumi, or Plain ready for your favourite marinade.

Save \$1

11⁹⁹
/lb
26.43/kg

Coho
Salmon Fillets frozen
or previously frozen, product of Chile



Save \$2

12⁹⁹
/lb
28.64/kg

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

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



Save \$5

7⁹⁹
/pkg

A FARM BOY
**FRESH
TWIST**



Fresh from Farm Boy

A FARM BOY
**FRESH
TWIST**

From field to
store in 48 hours!

THEY'RE BACK!

Farm Boy™
**Garden Fresh
Pickles**

Original or Spicy, 680 mL,
\$6.99 ea



Farm Boy™
**Heat & Serve
Hors d'Oeuvres**
all varieties, 225-500 g,
\$6.99-\$11.99 ea

Big flavour,
easy prep!



Farm Boy™
Picnic Salads
all varieties, 454 g



Save \$1

3⁹⁹
ea

Farm Boy™
Caprese Salad
240 g



4⁹⁹
ea

Farm Boy™
Garden Fresh Gazpacho
946 mL

Made fresh
by us!



8⁹⁹
ea

Farm Boy™
**Delightfully
Delicious Dips**
all varieties, 225 g



Save \$1

4⁹⁹
ea

Farm Boy™
Halloumi
all varieties, 200 g

Great on
the grill!



Save \$1

6⁹⁹
ea

Perron
7 Year Aged Cheddar
product of Canada



3⁹⁹
/100 g

Angus Roast Beef

Sliced fresh
at our
Deli Counter!



Save \$.50

3⁹⁹
/100 g

Pillers
Sliced Deli Meats
all varieties, 125-175 g



Save \$.50

4⁹⁹
/pkg

Bake Shop



Farm Boy™
Chocolate Brownies
570 g

Made from
SCRATCH



Save \$1 **8.99** /pkg

From the Bake Shop
Multigrain Sourdough Batard
525 g

LOCAL



Save \$1 **4.49** ea

Farm Boy™
Donuts
all varieties,
294-516 g



Save \$1 **7.99** /pkg

Homestyle
Plant-Based Cookies
baked fresh by us, all varieties,
468-480 g



PKG OF 12
Vegan LOCAL
Save \$.50 **6.49** /pkg

From the Bake Shop
Sourdough Mini Boule
240 g



LOCAL NEW!
Save \$.50 **2.49** ea

Jumbo
Portuguese Buns
528 g



PKG OF 6
LOCAL
Save \$.50 **5.49** /pkg

Farm Boy™
Swiss Rolls
all varieties,
400 g



PKG OF 6
LOCAL
Save \$.50 **6.49** /pkg

From the Bake Shop
Mini Strudels
all varieties,
380-400 g



PKG OF 10
LOCAL
Save \$.50 **4.49** /pkg

Farm Boy™
Lemon Crunch Pie
8"



LOCAL
7.99 ea

Made In-Store
Pita Chips
all varieties



LOCAL
1.79 /100 g

Grocery, Dairy, and Frozen



Farm Boy™
Ketchup 500-750 mL



Save \$1 **3.99** ea

Farm Boy™
Pickles all varieties, 500 mL-1 L



Organic LOCAL
Save \$1 **6.99** ea

Farm Boy™
Sparkling Beverages 750 mL



Save \$.52 **2.97** ea

Farm Boy™
Baguette Crisps
all varieties,
142 g



Save \$.52 **3.97** /pkg

Fever-Tree
Premium Mixers
all varieties, 8x150 mL



Save \$2 **8.99** /pkg

Stubb's
BBQ Sauce all varieties, 450 mL



Save \$1 **4.99** ea

Villaggio
Buns Hamburger
or Sausage Rolls,
pkg of 6 or 8



Save \$1.50 **3.29** /pkg

Roar
Electrolyte Beverages
all varieties, 532 mL



A variety of thirst-quenching flavours!
Save \$.49 ea **2/6**

Farm Boy™
Chilled Dressings
select varieties,
350-430 mL



LOCAL
Save \$1.22 **4.77** ea

Farm Boy™
**Iced Tea, Lemonade,
or Half & Half**
select varieties, 1.54 L



Organic Sweetened with cane sugar!
5.49 ea

Farm Boy™
Ice Cream Bars
all varieties,
4 x 118-125 mL



Save \$1 **4.99** /pkg

Armstrong
Melts
pkg of 24, 450 g



Save \$1 **5.49** /pkg

Heluva Good
Chip Dips
all varieties, 250 g



Super Summer Snacking!
Save \$1.05 **3.44** ea

Gay Lea
Whipped Cream
all varieties, 225 g



Choice of 100% Canadian dairy or dairy-free!
Save \$1 **4.49** ea

Neilson
Creams select varieties, 473 mL



Save \$.50 **3.49** ea

Vita
Large Eggs
Organic, 1 dozen



Save \$1.50 **7.49** /pkg

FRESH Produce Arriving Daily!

Fieldless
Salad Greens
product of Canada,
113-142 g



- Locally grown near Cornwall, ON.
- Indoor-grown for consistent, year-round freshness.
- Ready to eat—no washing required.

4.99 ea

White or Brown
Whole Mushrooms
product of Canada, 227 g



1.99 /pkg

Locally Grown
Mini Cucumbers
Canada No. 1 Grade,
product of Canada, 1 lb pkg



2.17 /pkg

Fresh
Basil product of Mexico, 42 g



1.99 /pkg

Locally Grown
Cocktail or Ombra Tomatoes product of Canada,
1 lb pkg



3.99 /pkg

Farm Boy™
Watermelon Lime

1.5 L, \$3.99 ea



Back for the summer!

Farm Boy™
Foil Baking Potatoes

Regular or Mini, Canada No. 1 Grade,
product of Canada



3.44 /pkg

Sweet
Vidalia Onions
product of USA



New Crop!

1.88 /lb
4.14/kg

Pre-cut for Convenience
Watermelon Quarters
product of USA



.99 /lb
2.18/kg

Tender & Sweet
Orri Mandarins
product of Israel



2.99 /lb
6.59/kg

Farm Boy™
Microgreens
all varieties, product of
Canada, 65 g



Organic



- Locally grown in Vankleek Hill, ON.
- Available in a variety of fresh blends like Broccoli, Crunchy Mix, Mild Mix, Mustard, Pea, and Sunflower.

4.29 ea

Fresh & Juicy
Blackberries product of
USA/Mexico, 170 g



2.99 /pkg

Tart & Tangy
Limes or Oranges

Limes: product of Mexico,
Oranges: product of
Egypt/South Africa



2 lb BAG

3 lb BAG

4.99 /bag

Sweet
Ataulfo Mangos
product of Mexico



3/5

Pomegranate Arils
product of Peru, 113 g



4.44 ea

FRESH Blooms Arriving Daily!

Large
Tropical Plants
8" pot



Save \$5

26 ea

Assorted Foliage
5" pot



Save \$1

11 ea

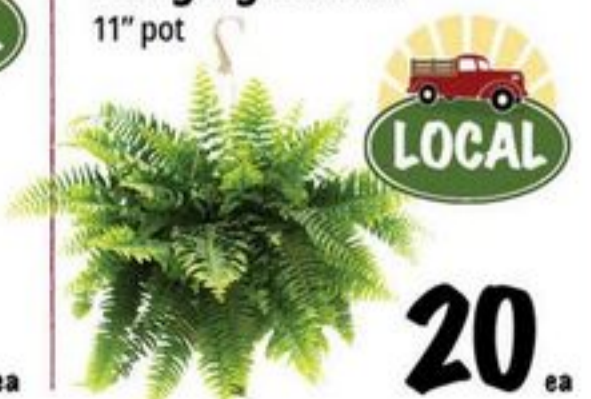
Tradescantia



Save \$2

11 ea

Locally Grown
Boston Fern Hanging Basket
11" pot



20 ea



So much fresh to discover.

Farm Boy™

Hand-Stacked Kebabs

- Prepared in our kitchen with crisp veggies and quality beef, chicken, or salmon.
- Available in plain or seasoned varieties—ready to cook!



Farm Boy™

Tzatziki

- Locally crafted with no artificial colours or flavours!
- Rich, tangy sour cream blended with crisp cucumbers, mint, and garlic.



Farm Boy™

Family Classic Salads

- Prepared by us with farm-fresh veggies, greens, and tasty mix-ins.
- Each salad includes a signature Farm Boy™ Dressing.



Farm Boy™

Foil Potatoes

- Large or mini, PEI-grown potatoes.
- Washed, wrapped, and ready to cook.



Farm Boy™

Artisan Stone-Baked Flatbreads

- Made with wholesome, high-quality ingredients.
- Inspired by international cuisines and classic flavours.





So much fresh to discover.

Farm Boy™ Strawberry Margarita Loaf Cake

- Made from scratch using our exclusive recipe and seasonal flavours.
- Strawberry cake with a hint of lime and strawberry cream cheese icing.



Farm Boy™ Oat-Rageous Desserts

- Crafted locally in small batches using Canadian oats.
- Rich, creamy, dairy-free frozen dessert in decadent flavours.



Farm Boy™ Kettle Chips & Crinkle-Cut Chips

- Crunchy, perfectly seasoned, and available in classic flavours.
- Proudly prepared in Canada from farm-fresh potatoes.



Farm Boy™ Organic Iced Tea & Lemonade

- Made with Sicilian or Meyer lemons and sweetened with cane sugar.
- Free from artificial colours, flavours, or added preservatives.



Farm Boy™ Non-Alcoholic Beers, Sparkling Beverages, & Zero-Proof Cocktails

- Crafted using traditional recipes for an authentic taste—alcohol-free!
- Made with aromatic hops, malts, and fruit juices.

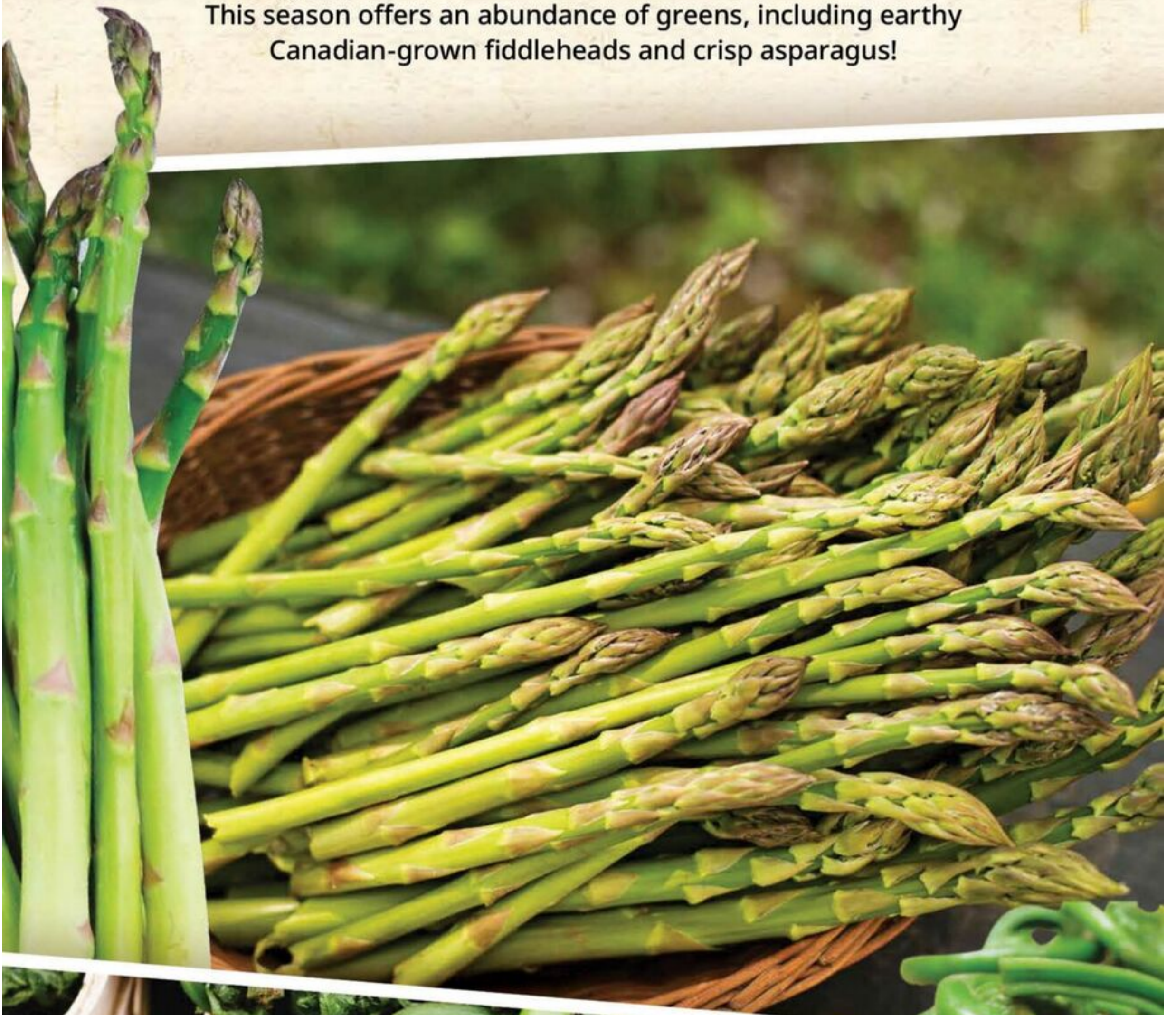




Springtime Delicacies:

Asparagus & Fiddleheads


Our buyers are at the markets each day, sourcing produce that gets you closer to the farm with the freshest flavour. This season offers an abundance of greens, including earthy Canadian-grown fiddleheads and crisp asparagus!





Did you know?

Fiddleheads can be toxic when eaten raw. Learn how to prepare them by visiting our blog!

Spicy Tuna Salad

 PREP:
20 mins

 MAKES:
2 cups

 DIFFICULTY:
Easy


[View Full Recipe Online](#)

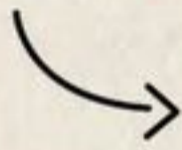
Ingredients

- 2 Tbsp minced red onion
- 2 Tbsp lemon or lime juice, divided
- 2 cans Farm Boy™ Chunk Light Tuna, drained
- 5 Tbsp Farm Boy™ Mayonnaise
- 1 tsp Farm Boy™ Dijon Mustard
- 1 Tbsp Farm Boy™ Extra Virgin Olive Oil
- 1 tsp Farm Boy™ Garlic Flowers
- 1-2 Tbsp Farm Boy™ Heat Wave Hot Sauce, or more to taste
- ¼ cup minced celery (stalks and leaves)
- 2 Tbsp Farm Boy™ Capers, chopped
- ½ cup chopped fresh herbs (parsley, basil, or cilantro)
- Salt and pepper to taste

Directions

- 1 In a small bowl, place minced onion, a pinch of salt, and 1 tablespoon of lemon juice. Let it sit until onion softens and pickles, about 10 minutes.
- 2 In a medium bowl, place Farm Boy™ Chunk Light Tuna, pickled red onions, Farm Boy™ Mayonnaise, Farm Boy™ Dijon Mustard, Farm Boy™ Extra Virgin Olive Oil, remaining lemon juice, Farm Boy™ Garlic Flowers, Farm Boy™ Heat Wave Hot Sauce, celery, chopped Farm Boy™ Capers, herbs, salt, and pepper to taste. Mix to combine.

Simply crafted 
and versatile!



Monthly Hot Bar Menu



CINCO DE MAYO

Our Chefs have prepared a mouthwatering menu inspired by the vibrant tastes of Mexico! **Made from scratch daily** with fresh ingredients and our own recipes, we think you'll love these delicious dishes.



Fiesta Chicken

Succulent, perfectly spiced chicken breast with vegetables.



Mexican Street Corn

Corn with tangy cheese, smoky spices, and fresh herbs.



Papas à la Mexicana

Sautéed potatoes with tomatoes, onions, and jalapeños.



Pork Carnitas in Red Salsa

Succulent pulled pork with a savoury salsa.

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

A Fun, Fresh-Market Experience



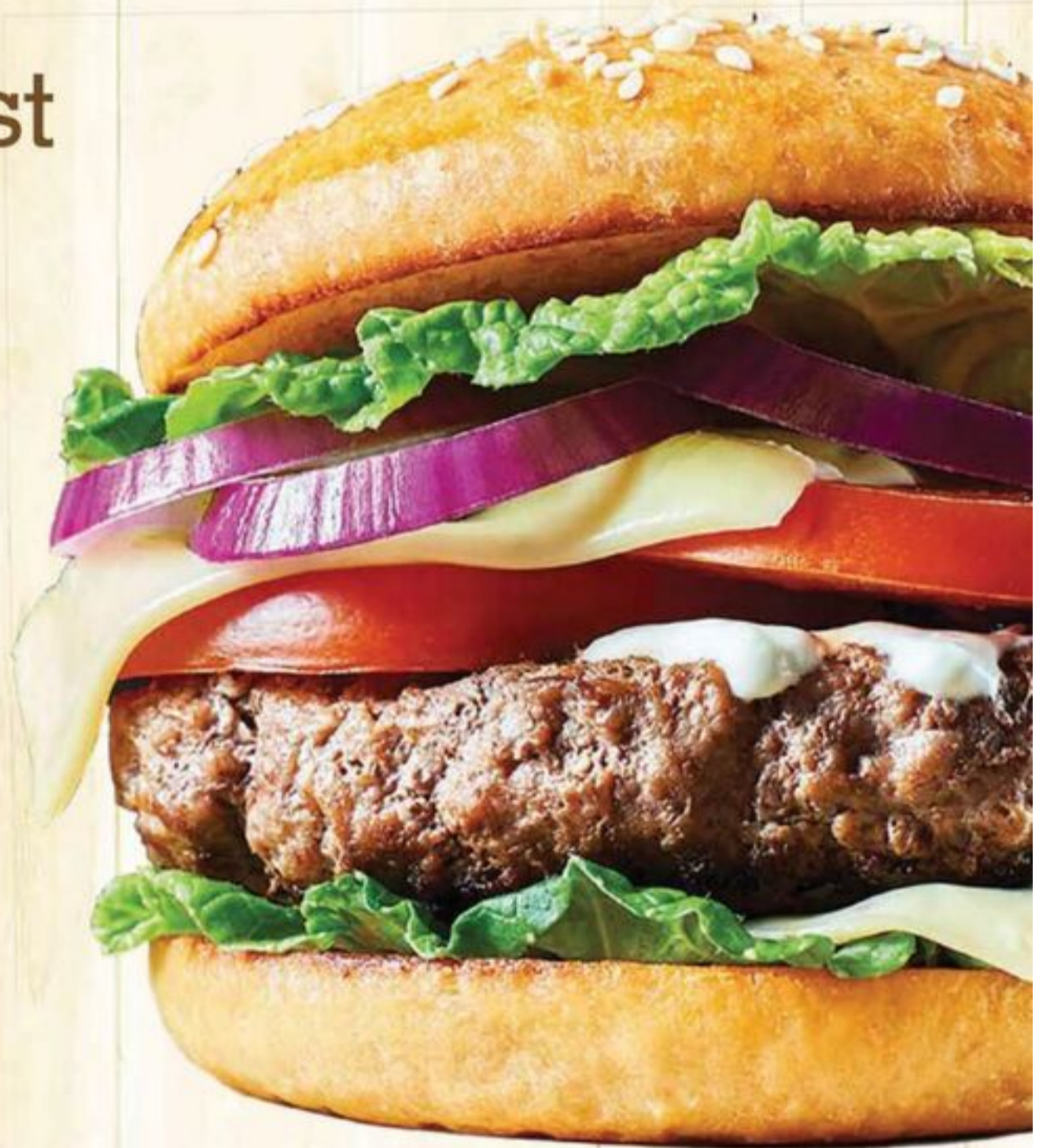
At Farm Boy, we strive to show our customers that grocery shopping can be more than just an errand. It can be a source of joy, discovery, and inspiration. We work with local farmers, growers, and producers to bring you an unparalleled shopping experience filled with items that surprise and delight.

Each store is stocked with hand-selected products chosen just for you to enjoy. From handcrafted items made with our own recipes to limited-time-only sweets that celebrate the season, come on in and discover what's in-store.

Add a fresh twist to summer.

Farm Boy™ Gourmet Burgers

- Made fresh in-store with quality beef, chicken, or turkey.
- Available in classic flavours or our own chef-prepared recipes.
- Enjoy flavours like Bacon Cheddar, Caramelized Onion Swiss, Great Canadian, or Thai.



Handcrafted with care.



Made in small batches.

Farm Boy™ Gelato and Sorbet

- Handcrafted in Ontario using simple ingredients.
- Perfectly smooth, creamy, and refreshing.
- Available in beloved classic and vibrant seasonal flavours.

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

[Learn More](#)

