

Come on in!

Quality, value, and freshness guaranteed.



FARM BOY

Proudly Serving Ontario

EST. 1981 | Cornwall, ON., Canada



2.99 /pkg

**Blackberries or Raspberries**  
product of Mexico/USA, 170 g



3.44 /lb 7.58/kg

**Orange, Red, or Yellow Sweet Bell Peppers**  
product of Mexico



3/5.00

**Red Mangoes**  
product of Ecuador/Peru



SAVE \$3.00  
4.99 /lb 11.00/kg

**Fresh Pork Tenderloin**  
product of Canada



SAVE \$2.00  
3.99 /pkg or ea

**Liberté Greek or Méditerranée Yogurt**  
all varieties, 4x100 g or 500 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

MADE FRESH BY US DAILY!



3.99 ea

**From the Bake Shop Farm Boy Farmhouse Loaf**  
Everyday low price! 700 g



SAVE \$0.80  
2.99 /100 g

**St-Albert Cheese Co-Op Medium or Old Cheddar**  
cut or sliced, product of Canada



SAVE \$0.50  
2.99 /100 g

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



SAVE \$0.50  
2.99 ea

**Farm Boy Popcorn**  
all varieties, 125 g



HOT DEAL!  
2.99 ea

**Ilios Peanut Butter**  
Smooth, 510 g



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

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



Vegan

SAVE \$0.70  
4.29 ea

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



SAVE \$1.52  
8.47 ea

**Farm Boy Hash Browns**  
all varieties, 750 g



SAVE \$2.00-\$3.00  
9.99 /pkg

**Farm Boy Crispy Breaded Fish Fillets**  
all varieties, including gluten-free, 400-420 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 15 to Wed., January 21, 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



**LOCAL**

Farm Boy™  
**Marinated Chicken Breast Cutlets**  
all varieties, made by us with Canadian chicken

**SAVE \$3.00**  
**9.99** /lb  
22.02/kg



Farm Boy™ Chef-Prepped  
**Pork Loin Schnitzel**  
made by us, product of Canada

**SAVE \$2.15**  
**5.99** /lb  
13.21/kg



**HOT DEAL!**  
**10.99** /lb  
24.23/kg

Australian  
**Boneless Beef Blade Roast**  
MSA Graded 3+



**HOT DEAL!**  
**8.00** /pkg

Maple Leaf  
**Chicken Drumsticks or Thighs**  
Drumsticks: pkg of 8, Thighs: pkg of 6  
product of Canada

## Chef's Market

### Excellent Value!

Prepared fresh by our chefs daily, we have a selection of wholesome dishes we think you'll love. Perfect for one, these convenient grab-and-go meals can be enjoyed hot or cold! Try globally inspired options like BBQ Tofu, Chicken Shawarma, and more.



**SAVE \$1.00-\$4.00**  
**9.99** ea

Farm Boy™  
**Grab & Go Bowls**  
all varieties, Roast Beef Bowl also available for \$10.99 ea, save \$1.00 ea, 420-585 g



**SAVE \$0.52**  
**6.47** ea

Farm Boy™  
**Chocolate Hazelnut Spread**  
350 g



**SAVE \$1.00**  
**3.99** ea

Kühne  
**Yogurt Dressings**  
all varieties, 250 mL



**LOCAL**

**SAVE \$0.61-\$0.91**  
**3.38** ea

Farm Boy™  
**Sour Cream**  
14% or 18% M.F., 500 mL



**5.99** /pkg

Fresh Baked  
**Homestyle Cookies**  
pkg of 12 regular, select varieties, 350-480 g



**SAVE \$1.00**  
**4.49** ea

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



**LOCAL**

**SAVE \$1.00**  
**3.99** ea

Farm Boy™  
**Granola Clusters**  
select varieties, 90 g



**SAVE \$0.50-\$1.50**  
**6.99** /pkg

Burnbrae Farms  
**Large Solar Eggs**  
or Green Valley  
**Free Range Eggs**  
Canada Grade A, 1 dozen



**LOCAL**

**SAVE \$0.50**  
**3.49** /100 g

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

## FRESH Produce Arriving Daily!

**NEW CROP**



**1.77** /lb  
3.90/kg

Large, Seedless  
**Navel Oranges**  
product of USA



**1.49** /lb  
3.28/kg

**Cortland, Empire or McIntosh Apples**  
Canada Fancy Grade, product of Canada



**2/3.00**

Large  
**Pink Grapefruit**  
product of Türkiye/Israel



**7.99** ea

Pure Canadian  
**Maple Syrup**  
Canada Grade A, product of Canada, 540 mL



**2.99** ea or /pkg

**Golden Honeydew Melons or Golden Berries**  
Golden Honeydew Melons: product of Brazil,  
Golden Berries: product of Peru, 200 g



**5 lb BOX**

**18.99** /box

Farm Boy™  
**Wild Blueberries**  
frozen, Canada No. 1 Grade, product of Canada



**LOCAL**

**1.99** /lb  
4.39/kg

**Hothouse Tomatoes**  
Canada No. 1 Grade, product of Canada



**2.99** /pkg

The Little Potato Co.  
**Creamer Potatoes**  
Canada No. 1 Grade, product of Canada, 454-680 g



**LOCAL**

**2/5.00**

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

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!

Freshest produce guaranteed!

# Fresh SALAD BAR

Enjoy a vibrant selection of hand-cut greens, crisp veggies, savoury mix-ins, and hearty proteins for the ultimate flavour-packed salad. With ingredients sourced from local farmers and producers that get you closer to the farm, our salad options are prepared fresh daily by our chefs.



# Canadian Beef Gateway:

Your source for recipes, videos, nutritionals, and more!

Within our Butcher Shop you'll find high-quality beef cuts with the Canadian Beef Logo and a QR code. Scan for helpful product information, cooking tips, exclusive recipes, and more!



**Farm Boy™ Simply Five Focaccia**  
all varieties, 600 g

SAVE \$1.00  
**5.99** ea



**Doric Macedonian Style Feta Cheese**  
700 g

SAVE \$1.00  
**14.99** ea



**Farm Boy™ Antipasti or Salami Trios**  
Antipasto Misto, Salami Trio, and Antipasto Italian Trio, 150 g

SAVE \$1.00  
**8.99** /pkg



**Farm Boy™ School-Friendly Cookies & Bars**  
all varieties, 168-240 g

SAVE \$0.52  
**4.47** /pkg



**Farm Boy™ Nitro Cold Brew Coffee**  
all varieties, 355 mL

SAVE \$0.49 ea  
**2/5.00**



**Greenhouse Boosters**  
all varieties, 4x60 mL

SAVE \$1.00-\$2.00  
**12.99** /pkg



**Farm Boy™ Kimchi**  
all varieties, 490 mL

SAVE \$1.00  
**7.99** ea



**Ceres 100% Juice Blends**  
all varieties, 1 L

SAVE \$1.00  
**3.99** ea



**Yogi Herbal Tea**  
all varieties, pkg of 16

SAVE \$1.00  
**5.99** /pkg

## Spring Dreams



SAVE \$3.00  
**12.00** ea

SAVE \$1.00  
**6.00** ea

**Spring Mist Bouquet**  
Locally grown!

**6" Assorted Bulbs**  
Locally grown!

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# Popcorn Party



## Farm Boy™ Popcorn

Kettle-popped in coconut oil for a deliciously crisp texture, our popcorn is made with just a few simple ingredients for a light, low-calorie snack that truly satisfies. Naturally gluten-free and perfect for sharing, it comes in both plain and flavoured varieties, including Real Butter and White Cheddar Jalapeño.

Farm Boy™

## Himalayan Pink Salt Popcorn

A customer favourite, our gigantic bag of popcorn is a signature Farm Boy snack we think you'll love. Proudly prepared in Canada, it's made with just three simple ingredients: coconut oil, Himalayan pink salt, and popcorn. Ideal for movie nights, get-togethers, and more!



Farm Boy™

## Microwave Popcorn

Let the good times pop! Our convenient, microwaveable popcorn is sourced from 100% Canadian-grown, pesticide-free corn. The perfect snack for movie nights, gatherings, and more, enjoy them in Movie Theatre or Original flavour varieties.



## Farm Boy™ Popcorn Kernels

Our classic Popcorn Kernels are 100% Canadian-grown and completely pesticide-free! Whether it's on the stovetop or in a popcorn machine, enjoy a freshly-popped snack that's perfect for movie nights, parties, and more.



# Meals Made Easy



Serves  
4

## Farm Boy™ Family Faves

Crafted using our exclusive recipes, enjoy a selection of homestyle meals inspired by classic dishes from around the world. Made fresh in our kitchens daily with authentic ingredients, they're a delicious, comforting option for busy days, relaxing evenings, and more.

## Farm Boy™ Family-Sized Salads

Our crisp salads are freshly prepared by us each day using hand-selected vegetables and greens that bring you closer to the farm. Packed with tasty mix-ins and a flavourful dressing, they're an ideal choice for wholesome eating without the fuss.



## Farm Boy™ Savoury Meat Pot Pies

Fresh from the Farm Boy Kitchen, these delicious pot pies are crafted using our exclusive recipes and simple, flavourful ingredients. Available in Pork & Beans, Salmon Béchamel, and Sloppy Joe, they're a hearty mealtime choice that pairs perfectly with a fresh salad.




## Farm Boy™ Family-Size Meat Lasagna

This easy mealtime option is simply good food from good neighbours! Our oven-ready lasagna features layer upon layer of pasta, ground beef, ground pork, pancetta, mozzarella, Parmesan, and a rich, flavourful tomato sauce made from Ontario tomatoes. Just bake, serve, and enjoy!



# Curried Vegetable Stew

 **PREP:**  
30 mins

 **COOK TIME:**  
40 mins

 **SERVES:**  
6-8

 **DIFFICULTY:**  
Easy

[View Full Recipe Online](#)

## Ingredients

**4 Tbsp** extra virgin olive oil  
**1 cup** finely chopped red onion  
**1** small jalapeño pepper, finely chopped, seeded if less heat desired  
**4 cloves** garlic, minced  
**1 Tbsp** grated fresh ginger  
**1 tsp** Farm Boy™ Organic Ground Coriander  
**½ tsp** Farm Boy™ Ground Cumin  
**½ tsp** Farm Boy™ Organic Turmeric  
**1 tsp** Farm Boy™ Chili Powder  
**½ tsp** garam masala  
**½ can** Farm Boy™ No-Salt-Added Diced Tomatoes  
**2 cups** Yukon Gold potatoes, cut into 1" pieces  
**2 cups** sweet potatoes, cut into 1" pieces  
**2 cups** peeled butternut squash, cut into 1" pieces  
**2 cups** Farm Boy™ Organic Low Sodium Vegetable Broth  
Salt and pepper to taste  
**4 cups** chopped baby spinach  
**2 cups** Farm Boy™ IQF Chopped Kale  
**1¼ cups** Farm Boy™ Organic IQF Green Peas  
Juice of 1 large lime, or more to taste  
**1/3 cup** cilantro leaves for garnish  
**3 cups** cooked Farm Boy™ Brown Basmati Rice  
Farm Boy™ Organic Plain Greek Yogurt for garnish  
Farm Boy™ Flame Baked Whole Wheat Naan for serving

## Directions

- 1 Heat extra virgin olive oil in a large, deep-sided skillet over medium heat. Add onion and jalapeño pepper and cook, stirring occasionally, until translucent, about 2 to 3 minutes. Add garlic and ginger and cook, stirring constantly, until fragrant, about 1 minute longer.
- 2 Add Farm Boy™ Organic Ground Coriander, Ground Cumin, Farm Boy™ Organic Turmeric, Farm Boy™ Chili Powder, garam masala, salt, and pepper. Cook, stirring, until fragrant, about 2 minutes.
- 3 Stir in Farm Boy™ No-Salt-Added Diced Tomatoes and bring to a simmer over medium heat. Cook uncovered, stirring occasionally, until slightly thickened, about 5 minutes.
- 4 Add potatoes, sweet potatoes, butternut squash, and Farm Boy™ Organic Low Sodium Vegetable Broth. Bring mixture to a boil over high heat, then reduce heat to low. Simmer partially covered, stirring occasionally, until the vegetables are fork-tender, about 20-25 minutes.
- 5 Stir in spinach, chopped Kale, and green peas. Simmer, uncovered and stirring, about 5 minutes longer to allow the stew to thicken.
- 6 Add lime juice, correct seasoning, and serve with cooked Farm Boy™ Brown Basmati Rice, garnished with cilantro leaves and Farm Boy™ Organic Plain Greek Yogurt.



# 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](https://farmboy.ca/feed-the-dream) for official rules and regulations.

**FEED  
THE  
DREAM**



OFFICIAL GROCER



# 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

Early Bird Pricing

Order January 14-18

**\$89<sup>99</sup>**

While quantities last!

Orders starting  
January 19

**\$99<sup>99</sup>**

**ORDERS CLOSE:** Wednesday, Feb. 11

**PICK-UP DATE:** Saturday, Feb. 14

25 MINUTES  
REHEATING

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.



### *Buffauxlo Chicken*

Made with savoury plant-based protein tossed in a creamy hot sauce.



### *Turkey Meatball Casablanca*

Tender turkey meatballs in a spicy tomato 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](#)