

Come on in!



FARM BOY

Quality, value, and freshness guaranteed.



Large White Cauliflower

No. 1 Grade, product of USA

2/5⁰⁰



Boneless, Skinless Chicken Breast

fresh, family pack size, product of Canada

SAVE \$2.00

5⁹⁹ /lb
13.21/kg



Organic

Sweet & Juicy Blackberries or Organic Blueberries

product of Argentina/Mexico/Peru/USA, 170 g

2⁹⁹ /pkg



Boneless Pork Loin Roast

fresh, product of Canada

SAVE \$3.00

3⁹⁹ /lb
8.80/kg



Oikos Greek Yogurt

all varieties, 4x100 g

SAVE \$1.11

3⁸⁸ /pkg



Coho Salmon Fillets

frozen or previously frozen, product of Chile

SAVE \$3.00

10⁹⁹ /lb
24.23/kg



Plant-Based Homestyle Cookies

all varieties, pkg of 12, 468-480 g

PKG OF 12

SAVE \$1.00

5⁹⁹ /pkg



Maple Lodge Chicken Breast Roast

all varieties, sliced fresh at our Deli Counter

SAVE \$0.50

2⁴⁹ /100 g



Schneiders Jumbo Summer Sausage

sliced fresh at our Deli Counter

HOT DEAL!

1⁹⁹ /100 g



Farm Boy Popcorn

all varieties, 125 g

SAVE \$0.99 ea

2/5⁰⁰



Organic



Farm Boy Organic Milk or Cream

all varieties, 946 mL, refundable deposit req'd

SAVE \$1.00-\$1.50

3⁹⁹ ea



Farm Boy Flavoured Sparkling Water

all varieties, 1 L

Organic

Case of 12 \$10⁰⁰

SAVE \$0.50

.99 ea



Dempster's Grain Breads

all varieties, 600 g

SAVE \$1.50

2⁹⁹ ea



Farm Boy Hash Browns

all varieties, 750 g

SAVE \$2.22

7¹¹ ea



Farm Boy Salad Dressings or Vinaigrettes

all varieties, 350 mL

SAVE \$1.11

4⁸⁸ ea

farmboy.ca @officialfarmboy

FRESH SPECIALS IN EFFECT

Thursday, January 16 to Wednesday, January 22, 2025.

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

Meat & Seafood Market



LOCAL

SAVE \$2.00

4⁹⁹ /lb
11.00/kg

Boneless 1/4 Smoked Ontario Ham
product of Dundas, ON
also available 1/2 Boneless Hams



CANADIAN BEEF

SAVE \$1.00

8⁹⁹ /lb
19.82/kg

Cut from Canada AAA Beef Stewing Beef
aged a minimum of 21 days



CANADIAN BEEF

SAVE \$2.00

13⁹⁹ /lb
30.84/kg

Cut from Canada AAA Beef Top Sirloin Medallions
aged a minimum of 28 days



SAVE \$3.00

9⁹⁹ /pkg

Farm Boy Raw Wild Caught Argentinian Shrimp
15-23 shrimp per bag, frozen, 340 g

Chef's Market

Whole Lotta Flavour!

Our classic savoury pies are made from scratch by our chefs and baked in-store daily. This pie is loaded with Canadian chicken and wholesome veggies like peas and carrots.

Farm Boy™ Whole Lotta Chicken Pot Pie
7", 550 g



SAVE \$2.00

10⁹⁹ ea



SAVE \$0.50

2⁴⁹ ea

Farm Boy™ Croutons
all varieties, 125 g



SAVE \$1.00

5⁹⁹ ea

Farm Boy™ San Marzano Tomatoes
796 mL



LOCAL

SAVE \$1.50

6⁹⁹ ea

Farm Boy™ Pressed Cottage Cheese
500 g



SAVE \$0.50

3⁹⁹ ea

From the Bake Shop Pane di Como Italian Loaf
454 g



Organic

SAVE \$3.00

6⁹⁹ ea

Smart Juice Premium Juices
all varieties, 1 L



HOT DEAL!

3⁴⁹ ea

Yumi Morning Oats
all varieties, 264-304 g



SAVE \$1.22-\$1.72

2¹¹ ea

Gay Lea Sour Cream
all varieties, 425-500 mL



SAVE \$0.90

4⁴⁹ /100 g

Oka Cheese
Aged, Plain, or Raclette, sliced fresh at our Cheese Counter

FRESH produce arriving daily!



3/5⁰⁰

Seedless Cucumbers
product of Canada/Mexico



1.5 lb PKG

4⁹⁹ /pkg

Grape or Medley Tomatoes
product of Canada/Mexico/USA



1⁸⁸ ea

Iceberg Lettuce
product of USA



Organic

3⁹⁹ ea

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



LOCAL

2/5⁰⁰

Whole or Sliced White Mushrooms
product of Canada, 227 g



Organic

2⁹⁹ ea

Fresh Organic Broccoli
product of USA



1⁹⁹ /lb
4.39/kg

Blood Oranges or Cara Cara Oranges
product of USA



3⁹⁹ /lb
8.80/kg

Juicy Apricots
product of Chile



1⁹⁹ /lb
4.39/kg

Sweet & Juicy Clementines
product of Morocco

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.

Please visit farmboy.ca for a full list of store addresses to find a location near you!

See in store for more great savings!

Farm Boy™

Personal Salads & Bowls

Perfect for a quick and satisfying meal on the go, our salads are made daily with crisp veggies and wholesome ingredients. Each salad includes one of our signature dressings.

\$6.99-\$8.99 ea, 165-430 g, includes dressing



Monthly Hot Bar Menu



WHOLESOME FLAVOURS

Enjoy made-from-scratch dishes prepared fresh daily by our chefs for your convenience. From comforting classics to globally inspired favourites, they're guaranteed to satisfy!



LOCAL

SAVE \$1.00

7⁹⁹ /pkg

Traditional Portuguese Tarts
pkg of 6, 450 g

LOCAL

SAVE \$0.50

3⁹⁹ /100 g

Farm Boy™ Naturals Roast Beef
sliced fresh at our Deli Counter

SAVE \$0.50

3⁹⁹ /100 g

Dolce or Piccante Gorgonzola
cut fresh at our Cheese Counter

Case of 15 \$17⁹⁹

SAVE \$0.70

1²⁹ ea

Farm Boy™ Nut & Oat-Based Bars
all varieties, \$1.29 ea (40 g) or \$17.99/pkg (15x40 g)

Organic

SAVE \$0.50

6⁴⁹ ea

Farm Boy™ Vinegar Drinks
all varieties, 500 mL

SAVE \$3.00

9⁹⁹ ea

Broya Bone Broth
all varieties, 500 mL

SAVE \$1.00

6^{99-7⁹⁹} ea

Schär Gluten-Free Breads or Buns
all varieties, 200-400 g

SAVE \$2.00

7⁹⁹ /pkg

VG Gourmet Artisan Vegan Burgers
all varieties, frozen, 400 g

SAVE \$1.00

3⁹⁹ /pkg

Yoplait Minigo
all varieties, 6x60 g

SAVE \$0.50

4⁴⁹ ea

Vibrant Violets
4" pot

SAVE \$1.00

11⁹⁹ ea

Floral Duet Fujis & Poms

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January 22 is Hot Sauce Day!

Farm Boy™

Cauliflower Tempura with Fusion Hot Sauces

The perfect choice for dinner parties, game nights, or quick meals, tender cauliflower florets are coated in a crispy, golden tempura batter. Simply bake or air-fry and elevate them with Farm Boy™ Spicy Fusion Hot Sauces to add some flavourful heat!



Farm Boy™

Panela Cheese with Classic Hot Sauces

Expertly crafted using traditional recipes, our cow's milk Mexican-style cheeses come from a family-run business in Québec. Excellent pan-fried or grilled, pair our Panela cheese with our classic hot sauces like Farm Boy™ Carolina Reaper Pepper Sauce to add a bit of tangy spice.

Farm Boy™

Chicken Nuggets & Strips with Hot Honey

Made from tender breast meat and tossed in a savoury Southern-fried breading, our Frozen Chicken Strips and Chicken Nuggets are a convenient and delicious choice for your meals. Elevate their flavour with a sweet and spicy drizzle of our small-batch Farm Boy™ Hot Honey, proudly made in Ontario!



Spicy Selections

We offer an expertly curated selection of locally crafted hot sauces, made with high-quality ingredients, distinct flavours, and delicious seasonings. Take your dishes up a notch with these tasty, chili-loaded creations.

Mediterranean Style Farro Salad

 **PREP:**
15 mins

 **COOK TIME:**
40 mins

 **SERVES:**
6

 **DIFFICULTY:**
Easy

[View Full Recipe Online](#)

Ingredients

- 1 cup** raw farro grains, rinsed
 - 8 cups** water
 - 1 tsp** salt
 - ½ cup** thinly sliced red onion
 - 1 cup** diced red or orange bell pepper
 - 1 cup** halved grape tomatoes
 - 1 ¼ cups** diced cucumber
 - ½ cup** Farm Boy™ Sliced Kalamata Olives
 - ¼ cup** small capers
 - ½ cup** Farm Boy™ Walnuts, toasted and chopped roughly
 - 1/3 cup** mint leaves
 - ¼ cup** chopped fresh parsley
 - ¼ cup** chopped fresh dill
 - 2 tsp** Farm Boy™ Sumac
 - ½ cup** Farm Boy™ Barrel Aged Feta Cheese, crumbled
- Farm Boy™ Lemon Garlic Dressing,
Greek Dressing or Italian Vinaigrette to taste

Directions

- 1** In medium saucepan, bring 8 cups of water to a boil.
- 2** Add salt and rinsed farro and bring water once more to a boil.
- 3** Turn heat down and simmer for 30-40 minutes, until farro is al dente (timing will depend on the type of farro you are using).
- 4** Once farro is done, drain and spread on a sheet pan to cool completely. If necessary, pat dry with a paper towel.
- 5** In large bowl, place the red onion and toss with a bit of salad dressing.
- 6** Let the onions rest in the dressing to soften about 5 minutes, then add cooked and cooled farro, bell pepper, tomatoes, cucumber, kalamata olives, capers, walnuts, mint, parsley, dill and sumac.
- 7** Toss with enough dressing to taste. Garnish with feta cheese and enjoy.



The Season's Zest!

Vibrant citrus fruits to brighten up your days.

We are in the heart of citrus season, a time when oranges, lemons, grapefruits, and more arrive at our stores at their juiciest and most delicious peak.

Alongside familiar favourites, you'll also find some intriguing and tasty varieties that our buyers bring in from the markets each morning. This winter, embrace the sweet, sour, aromatic, and zesty citrus fruits by incorporating them into your dishes to add bursts of bright colour and flavour.

Remember, this seasonal bounty is available for a limited time, so be sure to enjoy it while you can!

Disclaimer: Selected products are subject to availability and may not be available at all stores. Check with one of our Team Members to see if your store carries a particular item.

Cara Cara Oranges

Sweet, tangy, and candy-like with berry notes.

Notable Qualities: Bright orange rind and reddish-pink flesh.

Best Way to Enjoy: In hand, or in desserts, salads, and savoury dishes.



Blood Oranges

Sweet, berry-like flavour with some tartness.

Notable Qualities: Ruby colour, easy peeling, floral aroma.

Best Way to Enjoy: In hand, or in baked goods, juices, and salads.

Juicy Crunch Tangerines

Super sweet and slightly tangy.

Notable Qualities: Crunchy, juicy texture with a bright orange, easy-to-peel rind.

Best Way to Enjoy: In hand, or in cakes and salads.



Sumo Mandarins

Sweet with notes of mandarin and grapefruit.

Notable Qualities: Seedless, easy to peel, and sweet regardless of size.

Best Way to Enjoy: In hand, or in drinks, salads, and vinaigrettes.

Lulu's Culinary Tip:

Incorporate oranges into your dinner roast recipes for a vibrant, aromatic twist that complements seasonal spices and seasonings.



Navel oranges are a well-balanced option, providing a bright sweetness and classic orangey aroma that pairs well with rich, meaty flavours.



For a tart, berry-like complexity, try using blood oranges or grapefruits, which also add a zesty touch to your dishes.



147 Laird Drive, Toronto

Open daily
8 am to 10 pm



Hello Leaside!

Discover
“A Farm Boy Fresh Twist”
on the food experience!

Now Open!



A FARM BOY
**FRESH
TWIST**

Discover “A Farm Boy Fresh Twist”
—a fun, fresh-market shopping
experience filled with high-quality
products at excellent value,
unparalleled customer service,
and more!



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Tax Break

The Government of Canada is providing GST/HST relief on certain items starting **December 14, 2024** and ending **February 15, 2025**. Most basic grocery items are currently GST/HST exempt.

These food and beverage related items will temporarily have no GST/HST charged:

- Prepared foods including sandwiches, salads, vegetable or cheese platters, and pre-made meals;
- Snacks including chips, candy, baked goods, fruit-based snacks, and granola bars;
- Energy bars or drinks, protein bars, drinks or shakes if they meet all of the following criteria:
 - Compete directly with other similar products that are not enhanced by protein, caffeine, vitamins, and/or minerals (sold in a similar aisle in a store and are marketed in similar fashion).
 - Considered by the average person to be a food to satisfy hunger/thirst.
 - Considered by Health Canada to be a food/beverage.
- A gift basket that contains food and other items, if **90% or more** of the total value of the basket corresponds to items that would have no GST/HST charged on them if they were supplied separately;





- Non-alcoholic drinks, such as coffee, tea, carbonated drinks, juices, and smoothies;
- Eligible alcoholic beverages:
 - Beer and malt beverages, for example, canned or bottled beer, pitchers of beer.
 - Wine, cider and sake (including fortified) that are 22.9% alcohol by volume (ABV) or less.
- Spirit coolers and premixed alcoholic beverages that are 7% ABV or less;
- A gift basket that contains beverages and other items, if **90% or more** of the total value of the basket corresponds to items that would have no GST/HST charged on them if they were supplied separately.

These items do not qualify:

- Beverages sold from a vending machine;
- Non-eligible alcoholic beverages:
 - Alcoholic spirits and liqueurs.
 - Alcoholic beverages (other than beer, malt beverages, wine, cider, and sake) with more than 7% ABV.
- A gift basket that contains beverages and other items, if **less than 90%** of the total value of the basket corresponds to items that would have no GST/HST charged on them if they were supplied separately;
- Dietary supplements;
- Food sold from a vending machine;
- Other items that do not qualify as food for human consumption (for example, pet food).

