

Come on in!



Quality, value, and freshness guaranteed.



**Broccoli Crowns**  
product of Mexico/USA

**1.99**  
/lb  
4.39/kg



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

SAVE \$1.00  
**2.99**  
/lb  
6.59/kg



**Green or Red Seedless Grapes**  
No. 1 Grade, product of Peru/South Africa

**3.99**  
/lb  
8.80/kg



**100% Grass Fed Lean Ground Beef**  
pasture raised in New Zealand, 450 g

**HOT DEAL!**

**5.99**  
/pkg



**Liberté Greek Yogurt**  
all varieties,  
650-750 g

SAVE \$1.52

**6.47**  
ea



**Farm Boy™ Pacific White Shrimp Rings**  
19-22 shrimp per ring,  
frozen, includes cocktail sauce, 425 g

SAVE \$4.00

**10.99**  
/pkg



**Fresh Baked Homestyle Cookies**  
pkg of 12 regular or 24 mini,  
select varieties, 260-480 g

PKG OF 12

SAVE \$1.00  
**4.99**  
/pkg



**Brandt Oven Roasted Chicken Breast**  
sliced fresh at our Deli Counter



SAVE \$0.30  
**3.49**  
/100 g



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



SAVE \$0.60-\$0.80  
**2.99**  
/100 g



**Farm Boy™ Crinkle Cut Potato Chips**  
400 g

SAVE \$1.00

**4.99**  
ea



**Farm Boy™ Stone-Baked Pizza**  
all varieties, frozen, 330-375 g

SAVE \$1.22

**4.77**  
ea



**Farm Boy™ Tomatoes**  
all varieties, 796 mL



SAVE \$0.52

**1.97**  
ea



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

SAVE \$1.24

**3.25**  
/pkg



**Burnbrae Farms Naturegg Nestlaid Eggs**  
Large, Canada Grade A, 1 dozen

SAVE \$1.11

**4.88**  
/pkg



**La Croix Flavoured Sparkling Water**  
all varieties, 8x355 mL

SAVE \$1.61

**4.88**  
/pkg

A FARM BOY FRESH TWIST

Discover "A Farm Boy Fresh Twist" - a fun, fresh-market shopping experience!

**FRESH SPECIALS IN EFFECT**

Thurs., February 6 to Wed., February 12, 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

farmboy.ca  
@officialfarmboy

## Meat & Seafood Market



**Boneless Pork Loin Roast**  
fresh, product of Canada

SAVE \$3.00  
**3.99** /lb  
8.80/kg



**Farm Boy™ Pub Fare Chicken Wings**  
frozen, BBQ or Honey Garlic, 900 g

SAVE \$1.00  
**11.99** /pkg



**Cut from Canada AAA Beef Top Sirloin Medallions**  
aged a minimum of 21 days

SAVE \$2.00  
**13.99** /lb  
30.84/kg



**Cut from Canada AAA Beef Sirloin Tip Oven Roast**  
aged a minimum of 14 days

SAVE \$1.00  
**8.99** /lb  
19.82/kg

## Chef's Market



**Farm Boy™ Homestyle Hummus**  
5 varieties, 300 g

SAVE \$1.00  
**3.99** ea



**Farm Boy™ Chocolate Covered Long Stem Strawberries**  
pkg of 4, made fresh in-store, available starting February 8

**8.99** /pkg



**Farm Boy™ Non-Alcoholic Beer or Zero-Proof Cocktails**  
355 mL

SAVE \$0.49  
**2/4.00**



**Farm Boy™ Gourmet Mustards**  
all varieties, 225 mL

SAVE \$1.11  
**4.88** ea



**Heluva Good!™ Chip Dip**  
all varieties, 250 g

SAVE \$1.30  
**2.99** ea



**Jumbo Portuguese Buns**  
528 g

PKG OF 6  
SAVE \$0.50  
**4.49** /pkg



**Farm Boy™ Puff Snacks**  
all varieties, 180-250 g

SAVE \$0.52  
**3.47** ea



**Farm Boy™ Polish Dill Pickles**  
1.5 L

SAVE \$1.00  
**6.99** ea



**Gay Lea™ Sour Cream**  
all varieties, 425-500 mL

SAVE \$1.22-\$1.72  
**2.77** ea



**Maple Leaf Natural Selections Oven Roasted Turkey Breast**  
375 g

**HOT DEAL!**  
**8.99** ea

## FRESH produce arriving daily!



**Grape or Medley Tomatoes**  
No. 1 Grade, product of Canada/Mexico/USA

1.5 lb PKG  
**4.99** /pkg



**Eggplants or Green Zucchini**  
product of Mexico

**1.99** /lb  
4.39/kg




**Sweet Mini Peppers**  
product of Mexico

1 lb BAG  
**2.99** /bag



**Fresh Coriander**  
product of Mexico

**4/5.00**



**Roma Tomatoes**  
No. 1 Grade, product of Mexico

**1.49** /lb  
3.28/kg



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

**1.77** /lb  
3.90/kg



**Mandarin Clementines**  
product of Morocco

**1.99** /lb  
4.39/kg



**Farm Boy™ Sweet Apple Cider**  
2 L, product of Canada

LOCAL  
**4.99** ea



**Zesty Large Limes**  
product of Mexico

**3/9.99**

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](http://farmboy.ca) for a full list of store addresses to find a location near you!

See in store for more great savings!

Farm Boy™

## Heat & Serve Hors d'Oeuvres

Hosting is a breeze with our savoury selection of finger foods. Enjoy crunchy favourites like Potato Skins, Samosas, Sausage Rolls, and more in minutes—just pop them in the oven or air fryer!

\$6.99-\$11.99 ea, 225-575 g



Ah-So Sushi

## Sushi Platters or Grab & Go Fresh Sushi

Stay locked into the game with a convenient, premium selection of sushi platters filled with bountiful maki rolls, hand-pressed nigiri, and fresh-sliced sashimi. They're packed with essentials like soy sauce, wasabi, and ginger. Handcrafted by our partners at Ah-So Sushi!

Sushi platters starting at \$34.99 ea, order online at farmboy.ca. Please order 48 hours in advance for pickup at any Farm Boy location! Grab & Go Fresh Sushi starting at \$6.99 ea, available in store at all locations



Fruit Filled  
Pastry  
Sticks  
pkg of 6, 300 g

SAVE  
\$1.00  
**3.99**  
/pkg



Tazij  
Akawi  
product of  
Canada, 400 g

SAVE  
\$1.50  
**8.49**  
ea



Kerrygold  
Dubliner  
Cheddar  
product of Ireland,  
200 g

SAVE  
\$1.00  
**8.99**  
ea



Farm Boy™  
Crispy  
Fried Onions  
175 g

SAVE  
\$0.51  
**4.48**  
ea



Neal Brothers  
Pretzels  
all varieties,  
170-280 g

SAVE  
\$0.50-\$1.00  
**2.49-3.99**  
ea



Farm Boy™  
Wafer Rolls  
all varieties, 150 g

SAVE  
\$0.50  
**2.49**  
ea



Nando's  
Peri-Peri  
Sauces  
all varieties, 250 mL

SAVE  
\$1.00  
**6.99**  
ea



Litehouse  
Dips  
all varieties, 340 g

SAVE  
\$1.00  
**3.99**  
ea



Farm Boy™  
Phyllo Bites  
all varieties, 454 g

SAVE  
\$1.00  
**6.99**  
ea



Spring  
Mist  
Bouquet

SAVE  
\$2.00  
**12.99**  
ea

Long-Stem  
Roses  
50 cm stems, many colours  
to choose from, includes greenery

**34.99**  
/dozen

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# FARM BOY SNACK CENTRAL

## Touchdown On Flavour

Dive into our starting lineup of delicious, tender chicken wings, available with BBQ or Honey Garlic Sauce. Fully cooked and frozen for your convenience, just follow the heating instructions and serve. Enjoy them with fresh veggie sticks and Farm Boy™ Steakhouse Garlic Dressing Dip for a game day-worthy feast!



## Crunch Time Snacking

Tackle your snack time cravings with our crispy assortment of Popcorn, Pretzels, and Snack Puffs! Quench your thirst with Farm Boy™ Non-Alcoholic Beers, made with real hops and malts for a true craft taste –available in IPA and Pale Ale.



## End Zone Faves

Made with natural, high-quality ingredients and an authentic Roman-style recipe, our ready-to-cook Pinsa Pizzas come in four delicious varieties: Create-Your-Own, Four Cheese, Margherita, or Pepperoni. Enjoy a hot slice with one of our Retro Sodas for the perfect kickoff pairing!



## Dive into Deliciousness

Made from scratch by us, dig into our customer-favourite Fresh Dips with our selection of traditionally crafted Farm Boy™ Tortilla Chips. From hand-scooped avocados in our Guacamole to the knockout flavours in our Spicy Black Bean Dip, we prepare everything with the highest quality and care.

# Valentine's Treasures at Farm Boy

Discover our beautiful blooms for the season of love!

From fresh-cut stems like gorgeous roses and vibrant bouquets to potted plants and hand-arranged containers, find the ideal gift for your loved ones at our stores! Expertly curated by us and arriving in-store at peak quality, our bountiful selection boasts a long vase life, ensuring excellent value while livening up your space.



Farm Boy™  
**Fresh Cut Tulips**  
Starting at \$12.99



**Long-Stem Colour Roses**

50 cm stems, many colours to choose from, greenery included, price in affect until February 15.

**34<sup>99</sup>**  
/dozen



**Shot of Love Vase**

Other vase arrangements available starting at \$12.99

**12<sup>99</sup>**  
ea



**Potted Blooming Plants**  
Starting at \$7.99



**Take My Heart Vase**

**64<sup>99</sup>**  
ea



# Traditional Meanings of Flower Colours



Peach:  
Sincerity and Gratitude



Red:  
Love and Passion



Green:  
Growth and Abundance



White:  
Young Love and Innocence



Lavender and Purple:  
Wonder and Enchantment



Yellow:  
Friendship and Joy



Orange:  
Energy and Desire



**18<sup>99</sup>**  
ea

Love Is In  
The Air Calla Lily



Mix Bouquets  
Starting at \$14.99



**10<sup>00</sup>**  
ea

Market  
Bunches



**25<sup>99</sup>**  
ea

Double Spike Orchids  
5" pot



**34<sup>99</sup>**  
ea

Harmony  
Bouquet



Our produce beats the morning traffic to get here!

(While you're hitting snooze, we're sourcing the freshest finds.)



# Discover what makes us different!

At Farm Boy, we're passionate about creating a food shopping experience that surprises and delights. Every visit is crafted to enrich your food journey in ways that set us apart.



## Here's what "A Farm Boy Fresh Twist" means for you:

- Experience farm-fresh quality with produce delivered every morning, ensuring longer-lasting, high-quality fruits and vegetables.
- Discover innovative and exciting new Private Label products curated just for you.
- Enjoy a fun, welcoming atmosphere in every corner of our store.
- Count on us for excellent value, outstanding quality, a hand-picked assortment, and competitive pricing.
- Receive unparalleled, personalized service in a friendly and helpful environment.



For years, Farm Boy has brought fresh food to your table. Now, we're bringing "A Farm Boy Fresh Twist" to everything we do.

**Visit us in-store or online today, and see how we're redefining the way you shop for food—one twist at a time!**

[Learn More](#)

# Tuscan White Bean Stew

 **PREP:**  
15 mins

 **COOK TIME:**  
40 mins

 **SERVES:**  
8

 **DIFFICULTY:**  
Easy

[View Full Recipe Online](#)

## Ingredients

- 2-3 Tbsp** extra virgin olive oil, plus more for garnish
- 1 cup** diced onion
- 1 cup** diced carrot
- 2-3** garlic cloves, minced
- 1 tsp** Farm Boy™ Organic Italian Seasoning
- 1/2 tsp** Farm Boy™ Paprika
- 1/2 Tbsp** Farm Boy™ Organic Tomato Paste
- 1 can** Farm Boy™ Diced Tomatoes with Garlic, Basil and Oregano
- 3 cans** cannellini beans (400 g), drained and rinsed
- 2-3 cups** Chicken or Vegetable Broth
- Salt and pepper to taste
- 4 cups** chopped kale, Swiss chard or baby spinach
- Crusty bread and lemon wedges to serve

## Directions

- 1 In large Dutch oven or pot, heat oil over medium high heat. Add onion, carrot, celery and garlic and sweat until translucent, about 5 minutes.
- 2 Add Organic Italian Seasoning, Dried Chili and Paprika and cook another minute.
- 3 Add Organic Tomato Paste and Diced Tomatoes with Garlic, Basil and Oregano and stir to combine.
- 4 Add 2 cups Chicken or Vegetable Broth and salt and pepper to taste. Bring mixture up to a simmer and cook, uncovered, for 30-35 minutes, stirring every so often, to let flavours develop. If mixture dries up too much, add a bit more broth.
- 5 During the last 5 minutes of cooking, add greens and stir until wilted, 2-3 minutes.
- 6 Ladle onto bowls, drizzle with a bit more olive oil and serve with lemon wedges and lots of crusty bread on the side.





# Monthly Hot Bar Menu



## PUB BITES

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!

### 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.



# INDULGENCE DINNER FOR 2

Enjoy a four-course gourmet menu designed by our chefs and inspired by some of our favourite flavours! Simply pre-order online or in-store for pickup, follow the heating instructions, and enjoy!



# Share The Love

Cuddle up and get cozy with a meal to share with your sweetheart. Our chefs have designed a four-course menu full of fresh, seasonal ingredients that you'll fall head over heels for.

## MENU

**Red Pepper Bisque**  
Pesto Cream

**Mushroom Parmigiano Tarte**  
Balsamic Onions  
Lemon Garlic Arugula Greens

**Surf N' Turf**  
Tiger Shrimp  
Beef Tenderloin in Tomato Béarnaise Sauce  
Souffle Potatoes  
Roasted Garlic Rapini

**Double Chocolate Cake**  
White Chocolate Mousse

25 MINUTES REHEATING

ORDERS  
CLOSE:  
Tuesday,  
February 11

**\$119<sup>99</sup>**

PICK-UP  
DATE:  
Friday,  
February 14



ORDER IN-STORE OR ONLINE ~ WHILE QUANTITIES LAST! | FARMBOY.CA



# 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).

