

ROUSES MARKETS



You'll find hundreds of our Rouses Markets products throughout the store. Each food item has been personally tasted by the Rouse Family, and each product is guaranteed to deliver the best quality at the best price.

IF OUR NAME IS ON
THE LABEL, YOU CAN
TRUST IT'S GOOD!

— Danny Rouse
CEO, 3rd Generation

FEELS LIKE HOME



Save with **Rouses Markets Brand** compared to national brands.

4 LB
**Rouses
Seafood
Boil**



\$4.49

16 OZ
**Rouses
Dipping
Sauces**



\$4.49

48 OZ
**Rouses
Vegetable Oil**



\$3.99

10 PACK
**Cajun
Country
Disposable
Seafood Tray**



\$8.99

NEW AT
ROUSES

\$10.99

25.3 OZ
**Rouses
Avocado Oil**



A neutral flavor that's high in healthy fat! With a higher smoke point than olive oil, it's great for frying, roasting, grilling, dressings, or sauces!



**\$9.99
EA**

1 COUNT
**Rouses
Folding Chairs
or Umbrellas**



Folding Chairs and Umbrellas are available in Red, Navy, Black, Gold, Purple, Green, and Yellow.



SAVINGS FOR SPRING TIME

14 OZ
**Rouses
BBQ
Sauces**



2/\$5

12 OZ
**Rouses
Mustard**



2/\$4

24 OZ
**Rouses
Ketchup**



2/\$3

6 - 8 OZ
**Rouses
Sliced
Cheese**



\$1.97

8 - 10 OZ SELECTED
**Rouses
Rubs**



\$5.99

24 - 48 COUNT SELECTED
**Rouses
Plates or
Bowls**



\$3.79

16 LB
**Rouses
Charcoal**



\$9.99

32 OZ
**Rouses
Charcoal
Lighter**



\$3.99

CUSTOMER SATISFACTION GUARANTEED. QUALITY PRODUCTS FROM OUR FAMILY TO YOURS. — Danny Rouse

Prices good March 26th thru April 30th, 2025.



Eat Right WITH ROUSES

ON THE GULF COAST, WE LOVE OUR FOOD TRADITIONS. HOWEVER, FINDING BALANCE LIKE ADDING FRUITS, VEGETABLES, AND WHOLE GRAINS IS IMPORTANT. LOOK FOR EAT RIGHT WITH ROUSES ITEMS TO HELP MAKE THAT BALANCE A LITTLE EASIER.

- APRIL, DIETITIAN



ROUSES MARKETS

BETTER BREAKFAST

14 OZ
Alpen Muesli Cereal
\$4.49

Made since 1960's.
High fiber blend of whole grains, fruit, & nuts!

10 - 13.25 OZ
Nature's Path Cereal
\$4.99

3 generations of organic farming.
Good source of fiber and omega 3's!

8 PACK 6.75 OZ
Honest Kids Organic Juices
\$3.99

Sip and enjoy with out added sugar.

Food For Life

6 COUNT 16 OZ
7-Sprouted Grains English Muffins
\$5.49

Find these in the frozen section.
High fiber sprouted grains to add to your delicious breakfast!

6 COUNT 18 OZ
Gluten Free English Muffins
\$7.49

GLUTEN FREE

Mamma Chia

3.5 OZ
Chia Squeeze
2/\$3

Organic squeeze pouches are perfect for on-the-go nutrition!

4 PACK 3.5 OZ
Chia Squeeze Green Magic
\$4.99

Add greens like kale and spirulina to your breakfast.

13.22 - 15 OZ
Strong Roots Hash Browns
\$5.49

Find these in the frozen section.
A veggie blend version of the traditional hash browns made with ingredients like zucchini and cauliflower.

12 OZ
Swerve Sweetener
\$6.99

Sweeten with erythritol to get that sweet flavor without the calories. Great for baking as well!

2.1 OZ
Think Bars
2/\$5

Think High Protein has 20 grams of protein per bar with zero grams of sugar!

LIGHT LUNCH, BIG FLAVOR

6.1 - 7.3 OZ
Dare Crackers
2/\$6

Breton Original, Multigrain, and Cabaret flavors

WHOLE CHICKEN
Bell & Evans Spatchcock Cut Chicken
\$3.99 LB

No antibiotics and no added water. Saves time with preparation.

7.9 OZ
Cucina & Amore Quinoa Meal
\$3.99

Quinoa is a source of fiber and iron! Available in mango & roasted red pepper and jalapeno & roasted red pepper.

5 OZ
Rouses Extra Virgin Olive Oil or Pure Avocado Spray
\$3.99

Satisfaction Guarantee

16 OZ
Pure Flavor Mini Peppers
\$3.99

Cook with mini peppers for a side dish or have them fresh as a snack.

ROLLING INTO SPRING

5 OZ
Dave's Gourmet Ghost Pepper Sauce
\$5.99

Heat level "insanely hot"! No preservatives, artificial colors or flavors

Blue Dragon

0.77 OZ
Sushi Nori Wrapper
2/\$7

Made from 100% roasted seaweed. Make a hand roll or sushi roll.

4.7 OZ
Spring Roll Wrapper
2/\$6

Perfect for rolling vegetables and proteins for a spring meal or snack. Made from rice flour, tapioca flour, water, salt.

16 OZ
Seafarer Krab Chunks, Flakes or Sticks
2/\$5

Made with Alaska pollock fish and adds protein to your meal!

8 OZ
Coconut Secret Aminos Sauce
\$6.49

A tasty alternative to soy sauce, made from naturally fermented organic coconut blossom sap.

16.9 OZ
Monari Balsamic Vinegar
\$4.49

Started in 1912 in Modena Italy

8 OZ
Reese Water Chestnuts
\$1.99

Non GMO Verified
No added salt

21 - 32 OZ
RiceSelect Rice
\$6.99

7 varieties of rice

17 OZ
Roland Sriracha
2/\$9

Global alternative to traditional hot sauces on noodles, rice, and more.

4 OZ
Green Valley Alfalfa Sprouts
\$3.99

Perfect for adding to your spring rolls!

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