



# Eat Right

WITH ROUSES



**SAVE**  
\$2.29  
LB

**ONLY**  
**57¢**  
LB

USDA GRADE A FROZEN

## Chicken Leg Quarters

Sold in a 10 lb pack @ \$5.70 each. Limit 5 Packs

1 LB  
Butterball  
98% Ground Turkey

**SAVE**  
50¢

**\$5.99**

93% Lean **\$4.99**  
85% Lean **\$3.99**



8 - 14 OZ  
Taylor Farms  
Salads

**SAVE**  
up to \$1.59  
When You Buy 3

**3/\$5**

Garden Salad,  
Angel Hair Cole Slaw,  
Tri Color Cole Slaw or  
Shredded Iceberg Lettuce



PINT  
Rouses  
Grape Tomatoes

**SAVE**  
\$2.00  
When You Buy 2

**2/\$3**



FARM RAISED  
Coho Salmon  
Fillet

**SAVE**  
\$4.00  
LB

**\$7.99**  
LB



SLICED TO ORDER  
Golden Legacy  
Chicken Breast

**SAVE**  
\$3.00  
LB

**\$7.99**  
LB



**50% OFF**

ENTIRE LINE  
Nature Made Vitamins



# Eat Right

WITH ROUSES



**SAVE**  
\$1.29

**ONLY**  
**\$6.99**

10.9 - 11.3 OZ  
Caulipower  
Pizza

4.4 - 5.3 OZ  
Skinny Pop  
Popcorn

**SAVE**  
98¢  
When You Buy 2

**2/\$7**



22 OZ  
Nature's Own  
Perfectly Crafted Bread

**SAVE**  
\$1.30

**\$2.99**



9.6 - 13.3 OZ SELECTED  
Kellogg's  
Special K Cereal

**SAVE**  
\$4.98  
When You Buy 2

**2/\$6.98**



4 PACK  
Dannon Activia  
Yogurt

**SAVE**  
\$1.98  
When You Buy 2

**2/\$5**



12 OZ  
Alani Nu  
Energy Drink

**SAVE**  
\$1.34  
When You Buy 2

**2/\$4**



16 OZ  
Halo Top  
Ice Cream

**SAVE**  
\$2.58  
When You Buy 2

**2/\$8**



4 PACK 11 OZ  
Premier  
Protein Shakes

**SAVE**  
\$2.00

**\$8.99**

Vanilla, Chocolate  
or Salted Caramel





**ROUSES  
MARKETS**



**OFFICIAL SUPERMARKET  
OF THE NEW ORLEANS SAINTS**

PRICES GOOD WEDNESDAY, JANUARY 1<sup>ST</sup> - WEDNESDAY, JANUARY 8<sup>TH</sup>, 2025

**FIND THE KING CAKE BABY!**



Find this King Cake baby hidden in our ad and bring to your local Rouses bakery for a **FREE** sample of King Cake.

KICK OFF THE NEW YEAR WITH

THE BEST

**KING CAKE**

ON THE GULF COAST



**SAVE**  
\$2.51  
LB

**CUT & WRAPPED FREE!**

**ONLY**  
**\$3.98**  
LB

**CHAIRMAN'S  
RESERVE**

100% PREMIUM USDA  
ANGUS CHOICE BEEF  
**Whole  
Sirloin Tip**

**SAVE**  
\$4.98  
When You Buy 2

**ONLY**  
**2/\$5**

2 LB BAG  
**Darling Easy Peel  
Mandarins**

**SAVE**  
\$1.52  
LB

**ONLY**  
**\$2.47**  
LB

USDA GRADE A  
SANDERSON FARMS  
**Boneless Skinless  
Chicken Breast**

**SAVE**  
\$5.22  
LB

**ONLY**  
**\$7.77**  
LB

WILD-CAUGHT  
**Snow Crab  
Clusters**

**KING'S DAY CAKE WALK**  
January 6th • 11am - 4pm  
We're kicking off King Cake season by giving away a free king cake and a bag of Rouses Coffee every hour!  
Coffee Sampling • 11am - 1pm

**SAVE**  
\$1.08

18.5 - 19 OZ SELECTED  
**Progresso  
Soup**

**\$1.77**

**SAVE**  
51¢

5 OZ IN OIL OR WATER  
**Starkist  
Chunk Light  
Tuna**

**88¢**

**SAVE**  
\$1.52

52 OZ  
**Fairlife  
Milk**

**\$3.97**

**SAVE**  
\$4.98  
When You Buy 2

5 - 8 OZ BAG  
**Lay's  
Potato Chips**

**2/\$5**

**SAVE**  
\$1.22

GALLON  
**Arizona  
Tea**

**\$2.77**

**SAVE**  
\$1.58  
When You Buy 2

ONE POUND DRY  
**Camellia  
Red, Navy  
or Great Northern Beans**

**2/\$3**

**SAVE**  
\$7.96  
When You Buy 4

6 - 11.5 OZ SELECTED  
**Lean Cuisine  
or Stouffers  
Entrées**

**4/\$10**

**SAVE**  
\$6.98  
When You Buy 2

12 PACK 12 OZ  
**Sprite,  
Barq's or  
Dr. Pepper**

**2/\$10**

**SAVE**  
\$2.00

88 OZ LIQUID  
**Gain  
Laundry  
Detergent**

**\$8.99**

12 PACK 12 OZ  
**Miller Lite,  
Coors Light,  
Bud Light or Yuengling**

**\$13.99**

3 LITER SELECTED  
**Bota Box  
or Black Box  
Wine**

**\$17.99**

**DIETITIAN'S  
choice**



A VARIETY OF FOODS CAN BE PART OF A HEALTHY LIFESTYLE. SCAN HERE FOR OUR JANUARY DIETITIAN'S CHOICE HIGHLIGHTS AND SEE PAGE 3 FOR MORE IDEAS.







REANDRE

## OUR CHOICE IS ANGUS CHOICE

The marbling in USDA Angus Choice adds flavor and makes your steak richer, juicier and more tender.



**SAVE \$2.00 LB**

GROUND FRESH BY OUR IN-STORE BUTCHERS!

VALUE PACK  
90% Lean Ground Sirloin

**\$4.99 LB**



**SAVE up to \$4.00 LB**

FRESH Pork Loin Cutlet or Stew Meat

**\$3.99 LB**



**USDA PRIME**

**SAVE \$4.00 LB**

USDA PRIME BEEF Boneless Top Sirloin Steaks

**\$7.99 LB**



7 - 9 OZ Hillshire Farm Ultra Thin Cold Cuts

**2/\$7 LET'S DO LUNCH!**

16 OZ PACK Oscar Mayer Wieners

**2/\$4**



12 - 14 OZ Hillshire Farm Smoked Sausage

**2/\$6**



22.5 - 24 OZ Fast Fixin Chicken

**\$3.99**



12 - 16 OZ Smithfield Sausage Rolls, Patties or Links

**\$3.99**



16 OZ HICKORY, APPLEWOOD OR THICK SLICED Rouses Bacon

**\$4.99**



2.34 LB BOX Bar-S Corn Dogs

**\$5.99**



## ROUSE IN-HOUSE SEAFOOD



WILD-CAUGHT Local Gulf Tuna

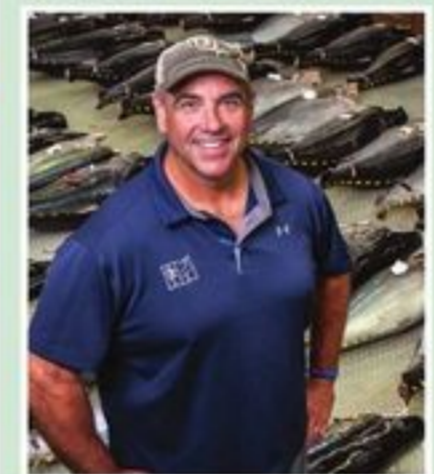
**\$10.99 LB**



**SAVE \$2.00 LB**

LOUISIANA SEAFOOD

Don't need the whole loin? Our friendly fish monger will cut steaks off the loin for you at no extra charge.



David Maginnis (pictured above) is the Vice President of Jensen's Seafood in Houma, Louisiana. David and his crew work hard to bring fresh, locally caught seafood to Rouses customers.

10 OZ Nick & Katie Ruffino's Crab Stuffed Mushrooms

**\$6.99**



18 COUNT Littleneck Clams

**\$6.99**



12 OZ Better Fish Breaded Baramundi

**\$7.99**



ASSORTED VARIETIES Cook-In-Bag Seafood

STARTING AT **\$8.99 LB**



Cajun Catfish with Green Beans, Cajun Shrimp with Asparagus, Garlic & Herb Salmon with Asparagus or Blackened Steelhead with Brussels Sprouts

## ROUSE IN-HOUSE DELI & COLD CUTS



ASSORTED Chicken Bite Platters

**\$5.00**

10 COUNT Fried or BBQ Baked Chicken Drumsticks

**\$6.99**

SLICED TO ORDER Yellow or White American Cheese

**\$4.99 LB**

SLICED TO ORDER Eckrich Chopped or Cooked Ham or Manda Hog Head Cheese

**\$4.99 LB**



ASSORTED VARIETIES Fresh Salad

**\$5.99**

OR 16 OZ Panera Soup



ASSORTED VARIETIES Chicken Salad

**\$6.99 LB**

Cranberry Almond, Smoked, Creole or Blackened



10 OZ Cedar's Hummus

**\$3.99**

OR 6 OZ Cedar's Pita Chips



4 OZ Kryssos Feta Crumbles,

Statesboro Blue Cheese or Crunchmaster Crackers

**\$3.99**

## ROUSE IN-HOUSE BAKERY



ROUSES Mardi Gras Gentilly Cake

**\$19.99**



ROUSES French Bread

**\$1.99**



24 COUNT Mini Cookies

**\$4.99**



6 COUNT Large Butter Croissants

**\$6.99**

**Yummi Sushi \$5.00 SUSHI TUESDAY**





# SQUEEZE THE DAY



Enjoy citrus in a variety of ways such as fresh juice, smoothies & snacks. Juicing different fruits and vegetables is a great way to get vitamins and minerals! - April Sims, Rouses Dietitian



## SAVE ON CITRUS & FRESH VEGGIES FOR JUICING

|                                                                                                    |                                                                                 |                                                                          |                                                                                          |
|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| <p><b>SAVE 30¢ LB</b></p> <p>KINGS RIVER CALIFORNIA GROWN Large Navel Oranges <b>\$1.69 LB</b></p> | <p><b>SAVE 51¢</b><br/>When You Buy 3</p> <p>JUICY Fresh Limes <b>3/\$1</b></p> | <p><b>SAVE 30¢</b></p> <p>SUPER SELECT Fresh Cucumbers <b>69¢ EA</b></p> | <p><b>SAVE 40¢ LB</b></p> <p>PREMIUM WASHINGTON Granny Smith Apples <b>\$1.79 LB</b></p> |
| <p>LARGE Fresh Lemons <b>2/\$1</b></p>                                                             | <p>1 LB BAG WONDERFUL Seedless Lemons <b>\$2.99</b></p>                         | <p>2 LB BAG GRIMMWAY FARMS Whole Carrots <b>\$1.99</b></p>               | <p>QUEEN VICTORIA Celery Hearts <b>\$2.99</b></p>                                        |
| <p>2 LB KINGS RIVER Cara Cara Pink Oranges <b>\$3.99</b></p>                                       | <p>2 LB KINGS RIVER Raspberry Blood Oranges <b>\$3.99</b></p>                   | <p>BUNCHED Fresh Red Beets <b>\$3.99</b></p>                             | <p>FRESH Ginger Root <b>\$2.99 LB</b></p>                                                |
| <p>JUICY Large Red Grapefruit <b>4/\$5</b></p>                                                     | <p>3 LB KINGS RIVER California Heirloom Navel Oranges <b>\$4.99</b></p>         | <p>5 OZ CLAMSHELL CRYSTAL VALLEY Root of Life Turmeric <b>\$3.79</b></p> | <p>BUNCHED Fresh Kale <b>2/\$5</b></p>                                                   |

## HEALTHIER CHOICES IN OUR MEAT DEPARTMENT

|                                                                                           |                                                                                 |                                                                                                                             |                                                         |
|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| <p><b>SAVE \$1.00</b></p> <p>16 OZ PACK Bell &amp; Evans Ground Chicken <b>\$4.99</b></p> | <p><b>SAVE \$1.00</b></p> <p>2 LB PACK FROZEN Kevin's Chicken <b>\$7.99</b></p> | <p><b>SAVE \$3.50 LB</b></p> <p>100% PREMIUM USDA ANGUS CHOICE BEEF VALUE PACK Boneless Beef Stew Meat <b>\$4.99 LB</b></p> | <p>10 OZ Beef, Chicken or Pork Kabobs <b>\$5.00</b></p> |
| <p>12 OZ PACK Rouses Turkey Bacon <b>\$3.99</b></p>                                       | <p>2.5 LB PACK Tyson Boneless Skinless Chicken Breast <b>\$7.99</b></p>         | <p>12 OZ BOX Bell &amp; Evans Gluten Free or Organic Nuggets or Tenders <b>\$5.00</b></p>                                   | <p>12 OZ PACK Aidells Sausage <b>\$3.99</b></p>         |
| <p>24 OZ PACK Butterball Turkey Tenderloin <b>\$7.99</b></p>                              | <p>16 OZ PACK Oscar Mayer Turkey Franks <b>2/\$7</b></p>                        | <p>13 OZ PACK Hillshire Farm Turkey Smoked Sausage <b>2/\$6</b></p>                                                         | <p>2 LB BOX Butterball Turkey Burgers <b>\$9.99</b></p> |

## BETTER-FOR-YOU SEAFOOD SELECTIONS

|                                                                                                |                                                                                      |                                                                        |                                                                      |
|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------|
| <p><b>GULF COAST LOCAL</b></p> <p>WILD-CAUGHT 40/50 CT Peeled Gulf Shrimp <b>\$5.99 LB</b></p> | <p><b>Bernard's</b></p> <p>12 OZ IMPORTED Bernard's Crawfish Tails <b>\$4.88</b></p> | <p><b>NEW ZEALAND</b></p> <p>Orange Roughy Fillet <b>\$9.99 LB</b></p> | <p><b>WILD-CAUGHT</b></p> <p>Hokkaido Scallops <b>\$15.99 LB</b></p> |
|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------|



SAVE ON HEALTHIER SELECTIONS FOR A NEW YEAR AND A NEW YOU!



**ROUSES MARKETS**



OFFICIAL SUPERMARKET OF THE NEW ORLEANS SAINTS

FEELS LIKE HOME



\$\$\$

QUALITY PRIVATE LABEL SELECTIONS OFFER YOU SUPER SAVINGS

\$\$\$

"We're proud to put our name on the products we make. You'll find hundreds of our Rouses Markets products throughout the store. If our name is on the label, you can trust it's good."

- Donny Rouse, CEO, 3rd Generation



FEELS LIKE HOME



|                                                                                                                                                                                     |                                                                                               |                                                                                                        |                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <p><b>SAVE \$158</b><br/>When You Buy 2</p> <p>9 - 16 OZ SELECTED Rouses Tortillas<br/>4g Net Carbs 8 inch Flour Tortillas or 6 inch Fajita Flour Tortillas</p> <p><b>2/\$5</b></p> | <p><b>SAVE 96¢</b><br/>When You Buy 3</p> <p>24 OZ Rouses Pasta Sauce</p> <p><b>3/\$5</b></p> | <p><b>SAVE 76¢</b><br/>When You Buy 2</p> <p>52 OZ Rouses Premium Orange Juice</p> <p><b>2/\$7</b></p> | <p><b>SAVE \$158</b><br/>When You Buy 2</p> <p>64 OZ Rouses Apple Juice</p> <p><b>2/\$5</b></p> |
| <p>13.5 OZ Rouses Coconut Milk</p> <p><b>\$1.99</b></p>                                                                                                                             | <p>9.5 - 10 OZ Rouses Olives</p> <p><b>\$4.99</b></p>                                         | <p>12 OZ Rouses Honey</p> <p><b>\$4.99</b></p>                                                         | <p>2.5 OZ BAG Rouses Pork Rinds</p> <p><b>10/\$10</b></p>                                       |
| <p>8 OZ Rouses Jerky</p> <p><b>\$9.99</b></p>                                                                                                                                       | <p>28 OZ JAR Rouses Peanut Butter</p> <p><b>\$3.49</b></p>                                    | <p>7 - 8.5 OZ Rouses Onion or Garlic Powder or Granulated</p> <p><b>\$5.49</b></p>                     | <p>24 - 48 COUNT Rouses Everyday Plates or Bowls</p> <p><b>2/\$7</b></p>                        |
| <p>7.7 - 8.8 OZ BAG Rouses Hardwood Lump Charcoal</p> <p><b>\$6.99</b></p>                                                                                                          | <p>4 PACK Rouses Fruit Cups</p> <p><b>2/\$5</b></p>                                           | <p>6.76 OZ Rouses Lemon or Lime Juice</p> <p><b>10/\$10</b></p>                                        | <p>16 OZ GROUND OR WHOLE BEANS Rouses Italian Espresso</p> <p><b>\$8.99</b></p>                 |

**Best Choice.**

Make the Best Choice® & serve great tasting food

The Best Choice® brand offers high quality, affordable products that are trusted to meet your family's needs.



|                                                                                                                  |                                                                                                               |                                                                                                        |                                                                                                     |
|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <p><b>SAVE \$150</b><br/>When You Buy 2</p> <p>4 - 5.25 OZ SELECT Best Choice Seasonings</p> <p><b>2/\$4</b></p> | <p><b>SAVE \$198</b><br/>When You Buy 2</p> <p>10.7 - 20 OZ SELECT Best Choice Cereal</p> <p><b>2/\$5</b></p> | <p><b>SAVE 98¢</b><br/>When You Buy 2</p> <p>16 OZ Best Choice Half &amp; Half</p> <p><b>2/\$4</b></p> | <p><b>SAVE \$158</b><br/>When You Buy 2</p> <p>20 - 32 OZ Best Choice Fries</p> <p><b>2/\$8</b></p> |
| <p>9 - 16 OZ SALTED OR UNSALTED Best Choice Saltine Crackers</p> <p><b>2/\$4</b></p>                             | <p>6 PACK Best Choice Applesauce</p> <p><b>2/\$5</b></p>                                                      | <p>24 OZ Best Choice Cottage Cheese</p> <p><b>2/\$6</b></p>                                            | <p>6 - 8 COUNT Best Choice Garlic Toast</p> <p><b>\$2.29</b></p>                                    |
| <p>10.2 - 22 OZ Best Choice Coffee Creamer</p> <p><b>\$4.99</b></p>                                              | <p>11 OZ Best Choice Granola</p> <p><b>2/\$7</b></p>                                                          | <p>15 - 15.5 OZ CAN SELECT Best Choice Beans</p> <p><b>79¢</b></p>                                     | <p>8 COUNT Best Choice Corn on the Cob</p> <p><b>\$2.89</b></p>                                     |
| <p>33.8 OZ ASSORTED VARIETIES Best Choice Sparkling Water</p> <p><b>88¢</b></p>                                  | <p>11 OZ BAG Best Choice Tortilla Chips</p> <p><b>2/\$4</b></p>                                               | <p>12 COUNT BOX Best Choice Toaster Pastries</p> <p><b>\$2.79</b></p>                                  | <p>12 OZ CONCENTRATE Best Choice Frozen Orange Juice</p> <p><b>2/\$5</b></p>                        |

ROUSES MARKETS



OFFICIAL SUPERMARKET OF THE NEW ORLEANS SAINTS

FEELS LIKE HOME



## COOL SAVINGS ON DAIRY & FROZEN



45 OZ TUB  
Imperial  
Spread **\$3.49**



64 OZ  
International  
Delight  
Iced Coffee **\$3.97**



12 PACK  
Blue Bell  
Ice Cream Cups **\$6.99**



15 - 19.4 OZ SELECTED  
Home Baked  
Side Dishes **2/\$10**



12 OZ  
Velveeta  
Sliced Singles **2/\$5**



10 OZ  
Rana  
Ravioli or Tortellini **2/\$8**



7 - 8 OZ SELECTED  
Green Giant  
Vegetables **4/\$5**



8 OZ SELECTED  
Tru Fru  
Frozen Fruit **\$5.99**

**"TWO THINGS: BEST QUALITY, BEST PRICE!"** - Anthony J. Rouse Sr., Founder



16 OZ  
Snapple  
Drink **88¢**



.75 - 5 OZ  
Betty Crocker or Mott's  
Fruit Snacks **2/\$6**



16 OZ  
Zapp's  
Pretzels **\$4.99**



4 PACK  
Kraft  
Mac & Cheese  
Cups **2/\$9**



8.8 - 13.7 OZ  
Nabisco  
Ritz Crackers **\$3.49**



5 LB BAG LONG GRAIN  
Zatarain's  
Rice **\$4.99**  
LOUISIANA LOCAL



16 OZ SELECTED  
Mt. Olive  
Pickles **\$2.99**



10 COUNT 6 OZ POUCHES  
Capri Sun  
Juice Pouches **\$2.99**

## TRY SOMETHING NEW IN THE NEW YEAR!

MAKE IT YOUR RESOLUTION TO TRY NEW THINGS IN 2025! WE HAVE TONS OF GREAT PRODUCTS YOU HAVEN'T TRIED YET AND NEW ONES COMING IN EVERY DAY!



6.25 - 7 OZ BAG  
Baked Lay's  
or SunChips **2/\$7**



32 OZ  
Zoup  
Really Good Broth **\$4.99**



1.48 - 2.12 OZ  
Quest  
Bars **2/\$5**



2.5 OZ  
Mrs. Dash  
Salt Free Seasoning **\$3.69**



9 OZ  
4th & Heart  
Ghee Clarified Butter **\$10.99**



6.8 OZ  
Catalina Crunch  
Sandwich Cookies **\$5.99**



8.29 OZ  
Lakanto  
Sweetener **\$5.99**



4.25 OZ  
Blue Diamond  
Nut-Thins Crackers **\$3.59**



5 PACK  
Atkins  
Protein Bars **\$8.99**



8 - 40 COUNT  
Premier Protein  
Pancakes or Waffles **\$5.99**



10 OZ  
Barney  
Almond Butter **\$6.99**



6 PACK 330 ML  
Fiji  
Water **\$4.99**

## ROUSE AROUND THE HOUSE



7.5 OZ LIQUID  
Soft Soap  
Hand Soap **4/\$5**



8.3 OZ  
Glade  
Air Freshener **2/\$4**



12.2 OZ  
Downy Infusions  
Scent Boosters **\$8.99**



22 - 32 OZ  
Lysol  
All Purpose Cleaner **\$4.79**



52 - 105 COUNT  
Cascade  
Action Pacs **\$19.99**



25 - 68 COUNT SELECTED  
Glad  
Trash Bags **\$9.99**



25 - 30 COUNT  
Halls  
Cough Drops **\$2.29**



33.8 OZ  
Scope  
Mouthwash **\$4.99**



3.4 - 4 OZ  
Sensodyne  
Toothpaste **\$6.79**



14 - 40 COUNT SELECTED  
U by Kotex  
Pads **2/\$7**



12 OZ LIQUID, 12 COUNT GUMMIES  
OR 24 COUNT LIQUICAPS  
ZzzQuil  
Sleep Aid **\$8.99**



10.4 OZ  
Pantene  
Shampoo or  
Conditioner **2/\$9**



## CURBSIDE CONVENIENCE

Shop curbside pickup through Rouses Markets App or [orderonline.rouses.com](https://www.rouses.com/orderonline)







# CELEBRATING 100 YEARS OF CITY PRODUCE



**SAVE \$3.00 LB**

**SWEET Red Cherries \$5.99 LB**

*Eat Right WITH BONES*

➔ This sweet treat eats like candy, but is actually very healthy. Cherries are packed with vitamins and antioxidants. They make a great healthy snack choice.

## SNACKING SMARTER & HEALTHIER

3 - 3.3 OZ Harvest Snaps Snacks **2/\$5**

6 COUNT PURE FLAVOR  
**Mini Cucumbers 2/\$7**

16 OZ PURE FLAVOR  
**Aurora Bites Mini Sweet Peppers 2/\$7**

8 OZ South 40 Snacks Sunflower Seeds **\$4.99**

13 OZ **Marzetti Dressing \$3.97**

Marzetti salad dressings are made with no preservatives, artificial flavors, colors or high fructose corn syrup.

5 OZ **Marzetti Croissants 2/\$5**

Marzetti croissants are made from fresh bread and baked to seal in the flavors. The variety of flavors makes them the perfect topping for any salad.

4 PACK **Crispy Green Dried Fruit \$8.99**

## HEALTHY HYDRATION & GUT HEALTH

16 OZ **Rouses Organic Kombucha 2/\$5**

12 OZ **Slice Healthy Soda 2/\$5**

2 OZ **Suja Shots 2/\$6**

EASY OPEN **Young Fresh Coconut With Straw \$3.99**

## LARGEST SELECTION & LOWEST PRICES ON BEER & WINE

**NEW!**  
12 PACK 12 OZ **Michelob Ultra Zero \$15.99**

6 PACK 12 OZ **CiderBoys Hard Cider \$9.99**

750 ML SELECTED **Kendall Jackson Wine \$12.99**

LOW CALORIE & LOW ALCOHOL 750 ML **Meiomi Pinot Noir Bright \$18.99**

6 PACK 12 OZ **Blue Moon Beer \$9.99**

12 PACK 12 OZ **Heineken, Heineken Silver or Heineken Light \$16.99**

750 ML **LaMarca Prosecco or Prosecco Rosé \$14.99**

750 ML **Bonanza Cabernet Sauvignon \$19.99**

12 PACK 12 OZ **Dos Equis Lager or Ambar \$16.99**

6 PACK 12 OZ SELECTED **Abita Beer \$9.99**

LOUISIANA LOCAL

750 ML SELECTED **Bogle Wine \$9.99**

1.5 LITER **Cavit Pinot Grigio \$12.99**

## LARGEST SELECTION & LOWEST PRICES ON THC SELTZERS

4 PACK 12 OZ 5 MG THC **Ayroom THC Seltzer \$12.99**

4 PACK 12 OZ 5 MG THC **Hi Seltzer THC Seltzer \$14.99**

4 PACK 12 OZ 2.5 MG THC **Floral Deltz THC Seltzer \$14.99**

6 PACK 12 OZ VARIETY PACK 5 MG THC **Louie Louie THC Seltzer \$25.99**

**DOUBLE AD WEDNESDAY**

Our sales flyers overlap on Wednesdays. You get **DOUBLE THE Savings!**

Stay in Touch with Rouses • www.rouses.com • @RousesMarkets • facebook.com/rousesmarkets • #Rouses  
Quantity rights reserved. None sold to dealers. Not responsible for typographical errors. Some items not available at all stores. Sale prices good in store only.  
We accept: Cash • Check • Debit • Credit • EBT • WIC  
Prices good at Alabama Locations  
"Two things: Best Quality, Best Price" —Anthony J. Rouse, Founder

PRICES GOOD JANUARY

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|-----|-----|------|-----|------|-----|-----|
|     |     |      | 1   | 2    | 3   | 4   |
| 5   | 6   | 7    | 8   |      |     |     |

ROUSES 010125 PAGE 4 ALL



**ROUSES**  
MARKETS



**OFFICIAL SUPERMARKET**  
OF THE NEW ORLEANS SAINTS



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