

ROUSES MARKETS

PRICES GOOD WEDNESDAY, MARCH 4TH, 2026 - WEDNESDAY, MARCH 11TH, 2026.



A Taste of Italy

SATURDAY, MARCH 7TH

11AM - 2PM - ALL ROUSES MARKETS

Join us for a **FREE** tasting of Rouses Authentic Italian products, imported straight from Italy!

CELEBRATE WITH US! 10 NEW STORES ACROSS THE GULF COAST

For over 65 years, you've been part of our story. Thank you for your continued support and for trusting us to serve your community since 1960.



SAVE up to \$2.98 to When You Buy 2



ONLY 2/\$3

3 LB BAG U.S. #1 Yellow Onions



SAVE \$1.52 LB



ONLY \$1.97 LB

PREVIOUSLY FROZEN Chicken Wings



SAVE \$2.70 LB

MISSISSIPPI LOCAL



ONLY \$4.29 LB

MISSISSIPPI FARM RAISED Fresh Whole Collardbone Catfish



SAVE \$4.11 LB



ONLY \$12.88 LB

CUT & WRAPPED FREE BY OUR BUTCHERS! USDA PRIME BEEF Boneless Whole New York Strip

USDA PRIME BEEF Boneless New York Strip Steak \$13.88 LB



SAVE up to \$1.98 to When You Buy 2



SAVE up to \$4.98 to When You Buy 2



SAVE up to \$4.47 to When You Buy 3



52 OZ Simply Lemonade

2/\$5

12 PACK 12 OZ 7-Up, A&W or Crush

2/\$11

24 PACK HALF LITERS Rouses Spring Water

3/\$9



SAVE up to 87¢

24 - 26 OZ CAN Hunt's Pasta Sauce OR 16 OZ PACK Best Choice Pasta

88¢



SAVE up to \$1.78 to When You Buy 2

LOUISIANA LOCAL

ONE POUND DRY Camellia Red, Navy or Great Northern Beans

2/\$3



SAVE up to \$3.58 to When You Buy 2

10 COUNT BOX Eggo Waffles

2/\$4



SAVE up to \$5.57 to When You Buy 3

7.75 - 8 OZ Zapp's, Utz or Golden Flake Potato Chips

3/\$7



SAVE up to \$11.96 to When You Buy 4

9.6 - 16.1 OZ KELLOGG'S Raisin Bran, Special K or Mini Wheats Cereal

4/\$10



SAVE \$3.00

105 - 117 OZ LIQUID Tide Simply Laundry Detergent

\$7.99



SAVE up to \$1.50 to

6 PACK 12 OZ Abita or Blue Moon Beer

\$9.49



SAVE up to \$2.00 to

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

\$17.99



NOW ACCEPTED ONLINE!

SNAP/EBT is now accepted online for Curbside Pickup and for delivery through Instacart, DoorDash, and UberEats.

ROUSES MARKETS CURBSIDE PICKUP
DOORDASH
INSTACART
UBEREATS





FIXIN' TO BOIL?

Build your best boil this season with hand-picked fixins' throughout the store.



SAVE \$100 LB



IDAHO FARM RAISED
Fresh Whole Steelhead

ONLY \$6.99 LB

IDAHO FARM RAISED Steelhead Fillets **\$9.99 LB**

SAVE \$300 LB



WILD-CAUGHT
Gulf Yellowfin Tuna

ONLY \$9.99 LB

LOOK FOR THESE SEAFOOD SPECIALS



1 LB WILD-CAUGHT
51/70 Count
Peeled Louisiana Shrimp **\$6.99**



16 OZ PACK
Rouses Roux 2 Geaux **\$6.99**



1 LB BAG
Rouses Troy Landry Alligator Meat **\$14.99**



8 OZ
Fresh Louisiana Lump Crab Meat **\$16.99**



2 LB BAG FRESH
Farm-Raised Live Mussels **\$5.99**



3 - 4 OZ WILD-CAUGHT
Cold Water Lobster Tails **\$5.99**



WILD-CAUGHT
Whole Cooked Jonah Crab **\$6.99 LB**



WILD-CAUGHT
Alaska Dungeness Crab Clusters **\$16.99 LB**

GRAB-N-GO SEAFOOD IN OUR DELI



FAMILY SIZE
Seafood Platter **\$20.99**
Includes Fried Shrimp, Fried Fish, Deviled Crab, French Fries & Hushpuppies



YOUR CHOICE
Tuna, Egg or Seafood Salad **\$6.99 LB**



YUMMI
Rainbow Roll **\$10.99**



YUMMI
Garlic Shrimp & Veggie Mongolian Bowl **\$9.99**



10 COUNT
Shrimp Meal with Hushpuppies & Fries **\$6.99**



DELI FRESH
Fish & Cheese Sandwich **\$2.99**



YUMMI
Tempura Shrimp Roll **\$7.99**



YUMMI
Ninja Roll **\$8.99**

SAVE ON SEAFOOD BOIL & FISH FRY INGREDIENTS



4 LB BAG
Rouses Seafood Boil **\$4.99**



26 OZ
Rouses Salt **69¢**



32 OZ
Best Choice Fries **2/\$7**



12 OZ
Rouses Chicken, Fish or Shrimp Fry **3/\$5**



16 OZ
Zatarain's Liquid Crab Boil **\$4.99**



0.5 - 1 OZ
Rouses Bay Leaves or Parsley Flakes **\$3.99**



38 OZ
Rouses Squeeze Ketchup **2/\$5**



22 - 24 OZ
Zatarain's Fish Fry **2/\$6**



ROUND MELAMINE
Crawfish Tray **\$4.99**



36 INCH
King Kooker Wooden Paddle **\$12.99**



ROUSES
Ultra or Large Paper Plates or Large Cutlery **\$5.99**



12 OZ
Blue Plate Tartar or Cocktail Sauce **2/\$6**



SEAFOOD SPECTACULAR

Hot Bar...\$9.99 lb.
Fresh cooked seafood every Friday - Sunday at Rouses.

LENTEN SEAFOOD BOIL & FISH FRY ESSENTIALS





FROZEN FOOD FEST



Save time in the kitchen. March is National Frozen Food Month. Get our very best prices on frozen fruits and vegetables, complete meals, and all of your frozen favorites.



STOCK UP ON FROZEN FAMILY FAVORITES!



13 - 16 OZ SELECTED Rouses All Natural Frozen Fruit **\$2.99**



7 OZ Banquet Pot Pies **5/\$5**



10.5 - 12 OZ Zatarain's Dinners **2/\$7**



12 - 16 COUNT Blue Bell Ice Cream Cups or Sandwiches **\$6.99**



SELECTED 18 - 60 COUNT DeWafelbakkers Pancakes or Mini Pancakes **2/\$8**



9 COUNT Bagel Bites **2/\$5**



6 - 6.6 OZ SELECTED Pagoda Appetizers or Bibigo Dumplings **2/\$7**



6 COUNT Outshine Fruit Bars **2/\$8**



12 COUNT Pillsbury Frozen Biscuits **2/\$8**



16 - 18 OZ InnovAsian Entrees **\$5.99**



18.2 - 24.5 OZ SELECTED Gorton's Breaded Fish **\$3.99**



8 - 12 COUNT Bomb Pops **\$2.99**



16 OZ FAMILY SIZE Sara Lee All Butter Pound Cake **\$4.69**



15 - 22.2 OZ Homebake Sides **\$5.99**



14 OZ Devour Frozen Big Bowls **2/\$9**



3 - 10 COUNT SELECTED Dove Minis or Bars **\$3.99**



10 COUNT Smucker's Uncrustables **\$7.99**



16.55 - 17.55 OZ Wild Mike's Pizzas **2/\$7**



57 - 76 OZ SELECTED Stouffer's Family or Party Size Meals **\$11.99**



1.5 QUART Mayfield Ice Cream **\$4.99**

SUPER SAVINGS ON FROZEN MEAT ITEMS!



23 - 29 OZ Tyson Breaded Chicken **\$5.99**



3 PACK Days Deer Burritos **\$9.99**



3 LB WHOLE Rouses Stuffed Chicken **\$13.99**



30 - 32 OZ Rouses Premium Stuffed Pork Tenderloin **\$18.99**

PELICANS+ GULF COAST SPORTS & ENTERTAINMENT NETWORK

WATCH PELICANS GAMES LIVE AT HOME OR ON THE GO!

ANTENNA WTLX CH. 51.3
SD OTA WLOX CH. 13.6
DIRECTV ONLY NON-NATIONAL PELICANS GAMES
STREAMING CH. 676
SATELLITE CH. 676-6
U-VERSE CH. 759 (SD) & CH. 1759 (HD)



SEE SCHEDULE





OUR CHOICE IS ANGUS CHOICE

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



**100% PREMIUM
USDA ANGUS CHOICE BEEF**
**Boneless Stew Meat
or Cubed Steak**

\$6.49
LB



GREAT ON THE GRILL
**Boston Butt
Pork Roast**

\$2.29
LB



PREVIOUSLY FROZEN
**Boneless Skinless
Chicken Breast Tenders**

\$1.87
LB

READY TO COOK
**Rouses
Pig Shots**

\$4.99
LB



CAJUN SAUSAGE, GREEN ONION SAUSAGE, ITALIAN SAUSAGE,
CORN BREAD STUFFING OR SEAFOOD STUFFING

Rouses Stuffed Cornish Hen

\$4.99
LB



CAJUN SAUSAGE, GREEN ONION SAUSAGE, ITALIAN SAUSAGE,
CHEDDAR CHEESE OR BOUDIN

Rouses Stuffed Mushrooms
STARTING AT

\$3.99
LB



16 OZ PACK
**Manda
Bacon**

2/\$6

BACON MAKES EVERYTHING BETTER

LOUISIANA LOCAL

2.27 - 4.5 OZ SELECTED
**Oscar Mayer
Lunchables**

99¢



11 - 14 OZ PACK
**Nathan's
Beef Franks**

\$4.49



12 - 16 OZ
**Smithfield Roll,
Patties or Links
Sausage**

\$3.99



7 - 9 OZ PACK
**Hillshire Farm
Cold Cuts**

\$3.99



14 OZ PACK
**Lil Butcher Shoppe
Smoked Sausage**

\$4.49



2 LB BOX SELECTED
**Holten's
Beef Patties**

\$9.99



ROUSE IN-HOUSE SEAFOOD

WILD-CAUGHT HEAD-ON
**16/20 Count
Louisiana Shrimp**

\$4.99
LB



**SAVE
\$2.00**
LB

12 OZ
**Big Easy
Seafood Entrées**

2/\$6



10 OZ WILD-CAUGHT
**49th Star
Alaska Cod Fillets**

\$8.99



9.25 OZ
**Phillips
Shrimp Toast
or Crab Toast**

\$9.99



FRESH BOILED IN STORE 14 OZ
**Boiled Snow Crab
and Louisiana Shrimp
with Potatoes & Corn**

\$19.99



FRESH BOILED IN STORE
**6 LB COMBO
Boiled Crawfish & Shrimp
with Potatoes & Corn**

\$35.99



PROUDLY FEATURING
Boar's Head
PREMIUM DELI
MEATS AND CHEESES
AVAILABLE AT SELECT LOCATIONS

5 - 6 OZ POUCH
**Boar's Head
Pepperoni
or Salami**

\$3.99

12 OZ
**Boar's Head
Greek Yogurt Dip**
French Onion, Spinach, Tzatziki,
Key Lime Pie, Chocolate Espresso & more!

\$4.99

SLICED TO ORDER
**Boar's Head
Cream Havarti**
Original or Jalapeno

\$11.49
LB

SLICED TO ORDER
**Boar's Head
Maple Glazed
Honey Coated Turkey Breast**

\$12.49
LB

ROUSE IN-HOUSE DELI & COLD CUTS



2 COUNT
**Bacon Cheddar
Twice Baked
Potato**

\$6.99



ASSORTED
Rouses Family Meals

\$5.99
LB



BONELESS OR BONE-IN
Chicken Wings

\$7.99
LB



ASSORTED
Rouses Wraps

\$5.99



SLICED TO ORDER
**Golden Legacy
Oven Roasted or
Buffalo Chicken Breast**

\$9.99
LB



4.23 - 5.2 OZ
**Bovelle
Cheese Spread or
Asturi Bruschettini**

\$4.49



10 OZ
Rouses Hummus
OR 7 - 8.82 OZ PACK
Stonefire NAAN

\$3.49

ROUSE IN-HOUSE BAKERY



ROUSES
**Lemon
Blueberry
Towering Cake**

\$32.99



4 COUNT PACK
**Blueberry
Scones**

\$4.99



6 COUNT
Gourmet Cookies
Chocolate Chunk, Fudge Turtle,
Coconut Pecan, Royale & more!

\$5.99



ROUSES
**Twin
French Bread**

\$2.99

**DOUBLE AD
WEDNESDAY**

Our sales flyers overlap
on Wednesdays. You get

DOUBLE THE Savings!

COOL SAVINGS ON DAIRY



4 PACK
Oikos, Danimals,
Light 'n Fit or
Activia Yogurt
2/\$7



64 OZ
Almond Breeze
Almond Milk
2/\$7



52 OZ
Florida's Natural
Orange Juice
2/\$8



ONE DOZEN
Vital Farms
Pasture Raised
Eggs
\$6.99



24 OZ
The Greek Gods
Yogurt
\$3.99



9 - 12 OZ
Sargento
Snack Cheese
3/\$10



16 - 32.6 OZ TWO PACK
Pillsbury
Grands Biscuits or
Cinnamon Rolls
2/\$10



40 - 48 OZ READY TO DRINK
Starbucks
Iced Coffee
\$5.99

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



18 OZ SQUEEZE
Blue Plate
Mayonnaise
\$3.77



15.5 OZ
Trappey's
Beans
\$1.39



42 OZ SELECTED
Quaker
Old Fashioned
or Quick Oats
\$4.99



10 - 13 OZ
Tostitos
Cantina
2/\$7



16 OZ
Hidden Valley
Ranch Dressing
2/\$7



27 OZ CAN
Glory
Seasoned Greens
2/\$4



8 OZ
Welch's
Fruit Snacks
2/\$6



46 OZ BOTTLE
V8
Juice
2/\$7



12 COUNT PACK
King's Hawaiian
Dinner Rolls
2/\$7



9 - 17 OZ NABISCO
Premium
Saltine Crackers
\$3.69



12 PACK 16 OZ CANS
Monster
Energy Drinks
\$19.99



12 PACK 9.5 OZ
Starbucks
Frappuccino
\$19.99

BACKYARD GRILLING ESSENTIALS

Shop your Local Rouses for all your grilling needs.



20 OZ SQUEEZE
French's
Yellow Mustard
\$1.99



.71 - 2.25 OZ
McCormick Grill Mates
Seasonings
4/\$5



24 OZ JAR SELECTED
Vlasic
Pickles
2/\$6



8 - 12 OZ PACK
Borden
Sliced Singles
2/\$6



12 OZ
Tony Chachere's
Marinade
\$2.99



8 - 10 OZ
Rouses
Rubs
\$5.99



SINGLE COUNT
Rouses Aluminum
Roaster Pan
4/\$5



20 LB BAG
Rouses
Lump
Charcoal
\$17.99

DOG & CAT PET SUPPLIES

A BUNDLE OF SAVINGS FOR YOUR BUNDLE OF JOY



3.5 OZ
Cesar
Dog Food
10/\$10



5.5 OZ
Friskies
Paté or Shreds
Cat Food
5/\$4



8 OZ RICE, OATMEAL OR MULTIGRAIN
Gerber
Baby Cereal
\$2.99



500 COUNT
Q-Tip
Cotton Swabs
2/\$9



4 LB BAG
Butcher's Best
Dog Food
\$3.99



3.15 LB BAG
Friskies
Cat Food
\$4.99



1.5 OZ
Once Upon A Farm
Puffs
\$2.99



112 - 216 SHEET COUNT
Pampers
Baby Wipes
\$6.99



24 OZ
Milk Bone
Dog Biscuits
\$4.49



16 OZ
Temptations
Cat Treats
\$7.99



15 OZ
Johnson's Cornstarch
or Baby Powder
OR 2 OZ
Desitin Diaper Rash Paste
2/\$9



50 - 112 COUNT SELECTED
Pampers
Diapers
\$27.99

WEEKLY AD EMAILS



NEVER MISS A SALE

Sign up for emails and have Weekly Ads and Special Offers sent directly to your inbox.



Scan here or visit our website
www.rouses.com



SAVE
up to \$136
to

ONLY \$5.79

77 OZ
Clorox Bleach
OR 12.5 OZ
Lysol Disinfectant Spray

SAVE
up to \$398
to
When You Buy 2

NEW!

ONLY 2/\$10

70 SHEET COUNT
Scott On The Go Pop Up Cloths

SAVE
up to \$174
to
When You Buy 2

2/\$5

3 COUNT PACK
Brillo Heavy Duty Scrub Sponges

SAVE
\$150

\$4.99

75 SHEET COUNT
Clorox Disinfecting Wipes

SAVE
\$100

\$3.99

24 OZ
Pine-Sol All Purpose Cleaner

SAVE
up to \$178
to
When You Buy 2

2/\$7

23 OZ
Mr. Clean All Purpose Cleaner

23 OZ SPRAY
Windex Glass Cleaner

\$3.99

18 OZ
Dawn Dish Liquid

2/\$6

32 OZ SPRAY
Formula 409 All Purpose Cleaner

\$3.79

YOUR CHOICE
Libman Tornado Mop or Broom & Dustpan

\$10.99

R BEST QUALITY + BEST PRICE
Every Rouses Brand product is carefully chosen, and every food item is tasted, compared and selected as the very best.

SPECIALTY SAVINGS
BETTER INGREDIENTS • BETTER PRICES • BETTER FOR YOU

SAVE
up to \$198
to
When You Buy 2

ONLY 2/\$4

5 OZ BAG
Rouses Cheese Curls

SAVE
up to \$258
to
When You Buy 2

ONLY 2/\$6

4.4 - 5.3 OZ
Skinny Pop Popcorn

SAVE
\$200

\$8.99

16 OZ
Rouses Cajun Pickled Garlic with Jalapenos

SAVE
up to \$198
to
When You Buy 2

2/\$8

6 COUNT PACK
Rouses Hydration Drink Mixes

SAVE
\$110

\$4.49

11 OZ
Wild Sol Salsa

SAVE
\$130

NEW!

\$4.99

5.4 OZ
Spēka Cottage Cheese Bar

14 OZ SELECTED
Rouses BBQ Sauce

2/\$5

4 COUNT PACK
Rouses Fruit Cups

2/\$5

15.5 OZ
Guayaki Yerba Mate Tea

2/\$5

11.2 OZ
Nutpods Creamer

2/\$6

50 - 75 SQUARE FEET
Rouses Aluminum Foil

2/\$9

7 - 11 OZ
Rouses Gummy Candy

\$3.99

20 OZ
Premier Protein Pancake & Waffle Mix

\$4.99

12.7 OZ
Torani Syrup

\$3.99

CURBSIDE CONVENIENCE
Shop curbside pickup through Rouses Markets App or orderonline.rouses.com

Download on the App Store
GET IT ON Google Play



CELEBRATING 100+ YEARS OF CITY PRODUCE



SAVE
66¢
LB



WASHINGTON STATE
Honeycrisp Apples
\$1.33
LB

The Honeycrisp apple is juicy, crisp, sweet and slightly tart in flavor. Wonderful for eating fresh, but also great in salads, for baking and cooking.

TROPICAL
Yellow Dragon Fruit

\$3.99
LB



Exotic, colorful and refreshingly mild, dragon fruit makes an impressive addition to fruit trays and adds great flavor to a fruit salad.

2 LB BAG

Lemons or Limes

2/\$7



Lemons and limes are wonderful for making classic lemonade or limeade, water infusion, or adding to iced tea and cocktails.

FANCY
Fresh Cucumbers

3/\$1



Cucumbers make a delicious addition to salads, sandwiches and veggie trays. They're also a great source of vitamins A, C and K.

2 LB PACK PERO FARMS

VALUE PACK Green Bell Peppers

\$3.99



This large value pack of peppers is perfect for cooking everything from a stir-fry to jambalaya to pepper steak and more!

FRESH MADE IN STORE 12 OZ

Fruit & Yogurt Parfait

2/\$6



12 OZ
Suja Organic Juice

\$3.99



12 OZ CAN
Olipop Prebiotic Soda

3/\$6



24 OZ
Tasty Little Digs Organic Yellow Baby Potatoes

\$3.99



FRESH FLORAL BOUQUETS & PLANTS

SLEEVED
Alstroemeria Bunch

3/\$15



4 INCH IN CLAY POT
Tropical Bromeliad

\$9.99



SLEEVED
Sensational Woman Bouquet

\$10.99



March 8th is National Women's Day! Women's Day is a day to recognize women's social, economic, cultural, and political achievements. Visit our Floral Department for something special for the women that impact your life.

LARGEST SELECTION & LOWEST PRICES ON BEERS, BREWS & LAGERS



18 PACK 12 OZ BOTTLES
Modelo Especial
\$21.99



30 PACK 12 OZ CANS
Busch or Busch Light
\$20.99



6 PACK 12 OZ
Leinenkugel Summer Shandy
\$9.99



6 PACK 7 OZ
Miller High Life
\$3.99



12 PACK 12 OZ
Fly Llama Variety
\$16.99
LOUISIANA LOCAL



12 PACK 12 OZ
Twisted Tea
\$16.99



12 PACK 12 OZ
High Noon Sun Sips
\$24.99



6 PACK 12 OZ
White Claw Hard Seltzer
\$8.99



6 PACK 12 OZ
Good People IPA or Muchacho
\$10.99
ALABAMA LOCAL



6 PACK 12 OZ
Gnarly Barley Beer
\$11.49
LOUISIANA LOCAL



6 PACK 12 OZ
Southern Prohibition Suzy B
\$8.99
MISSISSIPPI LOCAL



6 PACK 12 OZ
Chandeleur Lil Smack IPA
\$11.49
MISSISSIPPI LOCAL

Budweiser ZERO 50 CALORIES. 0% ALCOHOL. 0g SUGAR.



6 PACK 12 OZ ORIGINAL OR LIME
Michelob Ultra Zero Non-Alcoholic Brew
\$8.99



6 PACK 12 OZ
Coors Edge Non-Alcoholic Brew
\$6.49



12 PACK 12 OZ
Budweiser Zero Zero Alcohol Brew
\$12.49



6 PACK 12 OZ
Heineken Zero Zero Alcohol Brew
\$8.99

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"Two things: Best Quality, Best Price" —Anthony J. Rouse, Founder

Prices good at Biloxi, Gulfport, Ocean Springs, Diamondhead and Piquette Locations

PRICES GOOD MARCH

SUN	MON	TUES	WED	THUR	FRI	SAT
			4	5	6	7
8	9	10	11			

**ROUSES
MARKETS**



**OFFICIAL SUPERMARKET
OF THE NEW ORLEANS SAINTS**



PELICANS KIDS CLUB

PRESENTED BY  **Ochsner Children's**

GET IN THE GAME!

Unlock exclusive gear and
access all season long.

JOIN TODAY

[PELICANS.COM/KIDSCLUB](https://pelicans.com/kidsclub)