

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



CUT & WRAPPED FREE BY OUR BUTCHERS!

ONLY \$12.88 LB

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 \$5.98 to When You Buy 12



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 Sunkist

2/\$10

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 10

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 \$1.00

6 PACK 12 OZ Abita or Blue Moon Beer

\$8.99



SAVE \$6.50

750 ML Bonanza Chardonnay or Cabernet Sauvignon

\$16.49



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 WVUE CH 7.1
COX CH. 10
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

ROUSE IN-HOUSE
CAJUN SAUSAGE, GREEN ONION SAUSAGE, ITALIAN SAUSAGE, CORNBREAD STUFFING OR SEAFOOD STUFFING
Stuffed Cornish Hen
\$4.99 LB

ROUSE IN-HOUSE
CAJUN SAUSAGE, GREEN ONION SAUSAGE, ITALIAN SAUSAGE, CHEDDAR CHEESE OR BOUDIN
Rouses Stuffed Mushrooms
STARTING AT
\$3.99 LB



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

16 OZ PACK
Manda Bacon
2/\$6
BACON MAKES EVERYTHING BETTER
LOUISIANA LOCAL

7 - 9 OZ PACK
Hillshire Farm Cold Cuts
\$3.99

14 OZ PACK
Lil Butcher Shoppe Smoked Sausage
\$4.49
NEW!
MISSISSIPPI LOCAL

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



FRESH BOILED IN STORE 14 OZ
Boiled Snow Crab and Louisiana Shrimp with Potatoes & Corn
\$19.99

12 OZ
Big Easy Seafood Entrées
2/\$6
LOUISIANA LOCAL

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
6 LB COMBO Boiled Crawfish & Shrimp with Potatoes & Corn
\$35.99
LOUISIANA SEAFOOD

BREAKFAST HOT BAR

7 AM - 10 AM DAILY
GRITS, HASH BROWNS, SCRAMBLED EGGS, SAUSAGE PATTIES, HAM, CHICKEN TENDERS, BISCUITS, SAUSAGE GRAVY and MORE!
\$6.99 LB

ROUSE IN-HOUSE DELI & COLD CUTS

2 COUNT
Bacon Cheddar Twice Baked Potato
\$6.99

ASSORTED Rouses Family Meals
Beef Lasagna, Chicken Alfredo, Pasta & Meatballs, Chicken Parmesan, Blackened Shrimp Pasta or Loaded Mac & Cheese
\$5.99 LB

BONELESS OR BONE-IN Chicken Wings
Plain, Buffalo, BBQ, Sweet Heat and more!
\$7.99 LB

ASSORTED Rouses Wraps
Ham & Swiss, Turkey & Cheddar, Chicken Caesar and more!
\$5.99

SLICED TO ORDER
Great Lakes Pepper Jack
\$7.99 LB

BOVELLE
MILK & HONEY

BRUSCHETTINI
TRADITIONAL ITALIAN

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

BAKERY FRESH!
Lemon Blueberry Towering Cake
\$32.99

FRESH BAKED!
4 COUNT PACK Blueberry Scones
\$4.99

FRESH BAKED!
6 COUNT Gourmet Cookies
Chocolate Chunk, Fudge Turtle, Coconut Pecan, Royale & more!
\$5.99

FRESH BAKED!
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 BEER, WINE & SPIRITS



750 ML SELECTED
Stella Rosa Wine

\$9.99



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

\$17.99



750 ML
Maker's Mark or Bulleit Bourbon or Rye Whiskey

\$23.99



750 ML
Sazerac Rye Whiskey

\$19.99



750 ML
Della Natura Prosecco or Rosé

\$9.99



12 PACK 12 OZ
Cayman Jack Margarita

\$16.99



750 ML
Patron Silver or Lalo Blanco Tequila

\$39.99



1.75 LITER
Benchmark Bourbon

\$18.99



1.5 LITER
Cavit Pinot Grigio or Pinot Noir

\$12.99



8 COUNT PACK
Fleur de Leaf THC Gummies

\$8.99



1.75 LITER
1941 Craft Vodka

\$22.99



1.75 LITER
Svedka Vodka

\$14.99



1.5 LITER SELECTED
Barefoot Wine

\$10.99



4 PACK 12 OZ
Louie Louie THC Seltzer

\$17.99



750 ML
Chocolat Triple Chocolate or White Chocolate Liqueur

\$18.99



200 ML
Buzzballz Cocktails

3/\$10

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 CANS
Busch Non-Alcoholic Brew

\$7.99



6 PACK 12 OZ CANS
Athletic Brewing Non-Alcoholic Brew

\$9.49



6 PACK 12 OZ
Budweiser Zero Alcohol Brew

\$8.99

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

Prices good at Metairie, New Orleans, Gretna, Destrehan, Kenner and Marrero Locations

PRICES GOOD MARCH

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

**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)