

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 \$298
 When You Buy 2

ONLY 2/\$3

3 LB BAG U.S. #1
Yellow Onions

SAVE \$152
 LB

ONLY \$197
 LB

PREVIOUSLY FROZEN
Chicken Wings

SAVE \$270
 LB

MISSISSIPPI LOCAL

ONLY \$429
 LB

MISSISSIPPI FARM RAISED
Fresh Whole Collardbone Catfish

SAVE \$411
 LB

ONLY \$1288
 LB

CUT & WRAPPED FREE BY OUR BUTCHERS!
USDA PRIME BEEF Boneless Whole New York Strip
 USDA PRIME BEEF Boneless New York Strip Steak **\$1388**
 LB

SAVE up to \$198
 When You Buy 2

2/\$5

52 OZ
Simply Lemonade

SAVE up to \$598
 When You Buy 2

2/\$10

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

SAVE up to \$696
 When You Buy 3

4/\$11

24 PACK 16.9 OZ
Rouses Spring Water

SAVE up to 87¢

88¢

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

SAVE up to \$178
 When You Buy 2

2/\$3

LOUISIANA LOCAL
 ONE POUND DRY
Camellia Red, Navy or Great Northern Beans

SAVE up to \$358
 When You Buy 2

2/\$4

10 COUNT BOX
Eggo Waffles

SAVE up to \$557
 When You Buy 3

3/\$7

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

SAVE up to \$1196
 When You Buy 4

4/\$10

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

SAVE \$300

\$799

105 - 117 OZ LIQUID
Tide Simply Laundry Detergent

SAVE \$100

\$899

6 PACK 12 OZ
Abita or Blue Moon Beer

SAVE \$650

\$1649

750 ML
Bonanza Chardonnay or Cabernet Sauvignon

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
Uber Eats

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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

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

ONLY
\$6.99
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 Gaux **\$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
Includes Fried Shrimp, Fried Fish, Deviled Crab, French Fries & Hushpuppies **\$20.99**



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 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 WAFB CH 9.3
COX CH 22
DIRECTV ONLY NON-NATIONAL PELICANS GAMES
STREAMING CH 636
SATELLITE CH 636-6
U-VERSE CH 759 (SD) & CH 1759 (HD)



SEE SCHEDULE





REANDRE

OUR CHOICE IS ANGUS CHOICE

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



CHAIRMAN'S RESERVE

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

\$6.49
LB



SAVE
\$2.00
LB



SAVE
70¢
LB

GREAT ON THE GRILL
Boston Butt
Pork Roast

\$2.29
LB



SAVE
\$2.12
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,
CORN BREAD 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

ROUSE
IN-HOUSE



16 OZ PACK
Manda
Bacon
2/\$6
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
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 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
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

\$5.99
LB



SLICED TO ORDER
Golden Legacy
Oven Roasted or
Buffalo Chicken Breast
\$9.99
LB



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



4.23 - 5.2 OZ
Bovelle
Cheese Spread or
Asturi Bruschettini
\$4.49



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



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](https://www.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!

Dips And Salsas

7.5 OZ

**Wholly Guacamole
Dips**

**ONLY
2/\$7**



8 OZ

**Yo Quiero
Dips**

**ONLY
2/\$7**



15 OZ

**Yo Quiero Authentic
Cantina Style
Salsa**

**ONLY
\$4.99**



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**

\$18.49



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
**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
Zero Alcohol Brew**

\$8.99

Stay in Touch with Rouses • www.rouses.com • @RousesMarkets • facebook.com/rousesmarkets • #Rouses
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"Two things: Best Quality, Best Price" —Anthony J. Rouse, Founder

We accept: Cash • Check
• Debit • Credit • EBT • WIC
*When and where available

Prices good at Baton Rouge,
Central, Zachary, Prairieville,
Gonzales, Plaquemine and
Gramercy 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)