

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.

5 OZ
Rouses
Chunk Light
Tuna in Water



87¢

24 PACK 10 OZ
Rouses
Spring
Drinking Water



2/\$7

16 OZ SELECTED
Rouses
All Natural
Frozen Fruit



\$2.99

33.8 OZ
Rouses
Extra Virgin
Olive Oil



\$14.99



\$2.99



8 COUNT 17.5 OZ
Rouses
Low Carb
Tortillas

A perfect tortilla for burritos that is high in fiber and only has 4g of net carbs.

\$3.29



20 COUNT 23 OZ
Rouses
Fajita
Tortillas

\$8.97



16 OZ
Rouses
Espresso
Coffee

Available in both whole bean and ground options. Embrace the art of Italian coffee with our specially curated medium roast, designed to provide the perfect balance of a smooth, full-bodied flavor.

WONDROUS WINTER SAVINGS

16 OZ
Rouses
Whole Wheat
Pasta



4/\$5



2 LB
Rouses
Jasmine Rice



2/\$4

4 OZ
Rouses
Gumbo Mix



2/\$3

2 LB
Rouses
Shredded
Cheese



\$8.99

14.5 - 15 OZ
Rouses
Canned
Tomatoes



\$1.19

8 OZ
Rouses
Creole
Seasoning



2/\$4

27 COUNT 20 OZ
Rouses
Foam Bowls



2/\$4

48 COUNT
Rouses
Cutlery



2/\$4

CUSTOMER SATISFACTION GUARANTEED. QUALITY PRODUCTS FROM OUR FAMILY TO YOURS. - Danny Rouse | Prices good December 26th, 2024 thru January 29th, 2025.



Eat Right WITH ROUSES

ROUSES MARKETS

FUEL YOUR DAY, THE BEST WAY

7.9 OZ
Cucina Quinoa
\$3.79



Ready-to-Eat Quinoa Meal

16 OZ
SunButter Spreads
\$6.49



7 grams of protein
Made from Sunflower Seeds

10 OZ
Kitchens Of India Entrees
\$2.99



Vegetarian dish inspired by cuisines of India, Chickpea Curry and Palak Paneer

8.29 OZ
Lakanto Monkfruit Sweeteners
\$5.99



Zero calories
2 varieties: Classic and Golden

9.52 OZ
It's Skinny Pasta
\$2.99



Made from Konjac; 4 varieties
Low Calorie, Zero Carbs

12 OZ
Swerve Sugar Replacements
\$6.99



Zero Calories
Easy Sugar Replacement

4 OZ
Go Raw Salad Toppers
\$3.99



Organic Sprouted Seeds

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



SNACK SMART, STAY ENERGIZED

2 - 4 OZ
SweetLeaf Sweet Drops Stevia Sweeteners
\$8.99



Naturally replace sugar without the calories

4 OZ
Lenny & Larry's Cookies
2/\$4



8 varieties
Protein packed & good source of fiber

5 OZ
Daily Crunch
\$5.99



Almonds are soaked and sprouted, then dehydrated for a crunchy snack

1.2 OZ
That's It! Fruit Bars
2/\$3



Free from top 12 allergens

5 OZ
Biena Chickpea Snacks
\$3.99



High fiber snack!
Honey Roasted & Sea Salt varieties

6 COUNT 4.68 OZ
Blake's Seed-Based Bars
\$3.99



A better option for a crispy treat

3.5 OZ
Rind Dried Fruits
\$3.99



Quench your sweet craving with chewy dried fruit

REFRESH & RECHARGE

32 OZ
Evamor Water
\$1.99



Naturally occurring high PH water

12 OZ
Zevia Hydration Beverages
\$1.79



Sweetened with Stevia Leaf Extract

0.7 - 3.5 OZ
Jade Leaf Tea
\$7.49



Traditional matcha tea, modernly crafted

3.5 OZ
Mamma Chia Squeeze Pouch
\$1.49



Snack made with chia seeds

10 OZ
Mamma Chia Beverages
\$2.49



Essential Omega-3 from chia seeds

Prices good December 26th, 2024 thru January 29th, 2025.