

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.

4 LB
Rouses
Seafood Boil



\$4.99

16 OZ
Rouses
Dipping
Sauce



\$4.49

7 - 8.5 OZ
Rouses
Garlic and
Onion
Granulated
and Powder



\$4.99

12 CT
Rouses
Disposable
Boiling Bags



\$8.99



4/\$5
1 COUNT SELECT
Rouses
Oval or Rectangular
Roasting Pan



\$9.99
1 COUNT
Rouses
Folding Chairs
or Umbrellas

Folding Chairs and Umbrellas are available in Red, Navy, Black, Gold, Purple, Green, and Yellow.

SNACKS AND SAVINGS FOR MARDI GRAS

5 OZ
Rouses
Kettle Chips



2/\$5

16 OZ
Rouses
Peanuts



2/\$6

2.5 OZ
Rouses
Pork Rinds



10/\$10

64 OZ
Rouses
Apple
Juice



2/\$5

3 OZ
Rouses
Jerky



\$4.49

16 OZ
Rouses
Cheese Tray



\$5.99

6 COUNT 2.52 OZ
Rouses
Hydration
Drink Mixes



2/\$9

7 - 11 OZ
LARGE
Rouses
Gummy
Candy



\$3.99

CUSTOMER SATISFACTION GUARANTEED. QUALITY PRODUCTS FROM OUR FAMILY TO YOURS. - Danny Rouse

Prices good January 29th thru February 26th 2025.



Eat Right
WITH ROUSES

ROUSES
MARKETS

COZY COMFORTS



11.6 - 15.1 OZ
Better Oats
\$3.99



Steel cut and bare with flax seeds and quinoa

1.1 - 3.33 OZ
Herb-Ox Bouillion
\$2.29



14 OZ
Tofurkey Meatless Sausage
\$4.99



23 grams protein per serving

13 OZ
G Hughes Sugar Free Ketchup
\$3.99



Only 2 g carbs per serving

16 CT
Traditional Medicinals Teas
\$4.99



A variety of teas that offer unique wellness attributes such as stress, energy, and focus

20 CT
Twinings Teas
\$3.99



25 varieties of aromatic herbal tea to entice your taste buds

13.3 OZ
Strong Roots Cauliflower Hash Brown
\$5.49



130 calories per serving
Cauliflower is the first ingredient

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



LOVE AT FIRST BITE

5 - 8 OZ
Pop & Bottle Oat Milk Latte
\$2.99



Only 100 calories collagen to support healthy skin

21 OZ
Pamelas Cake Mixes
\$5.29



Made with rice flour

FOR THE LOVE OF COOKING

16.9 OZ
DaVinci Extra Virgin Olive Oil
\$8.99



Cold pressed to maintain flavor and nutrition

3.5 OZ
Dan-O's Seasoning
\$6.99



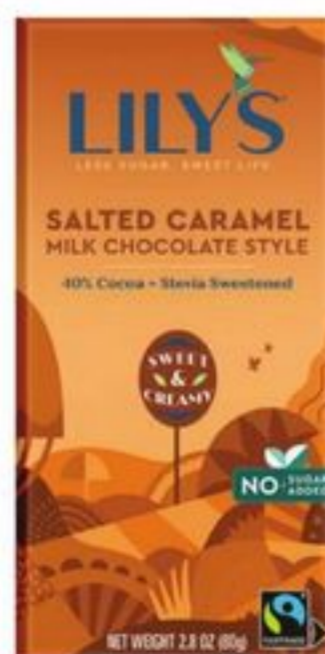
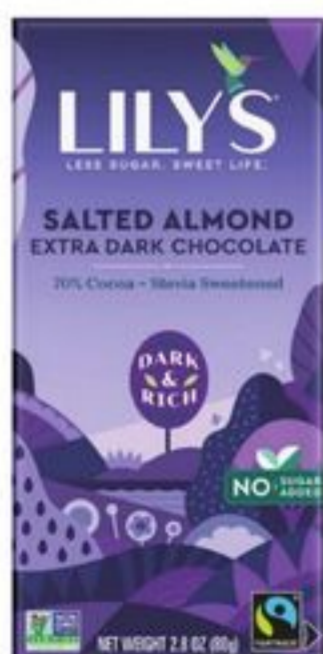
Hot Chipotle, Original, or Spicy
Contains less sodium than many seasoning blends

8 OZ
Jayne Toasted Sesame Seeds
\$5.99

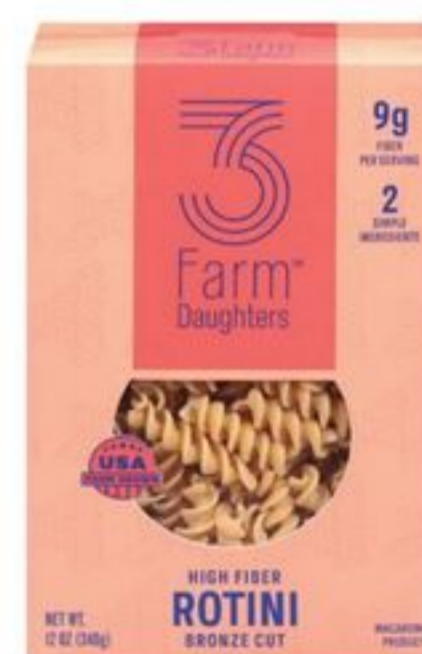
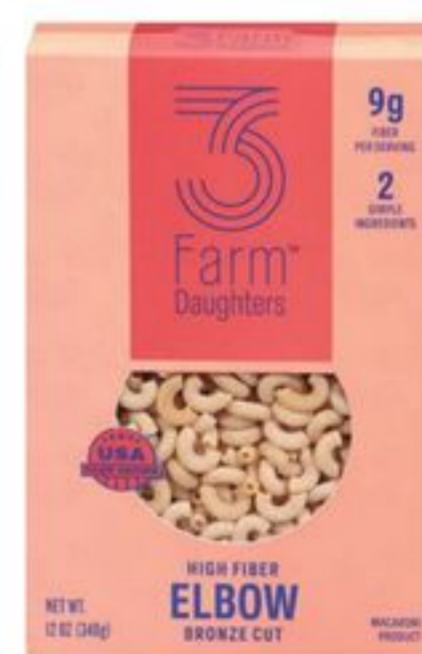


No sodium
No preservatives

2.8 OZ
Lily's Sweets Chocolate Bars
\$3.49



12 OZ
3 Farm Daughters Pasta
\$3.99



Gut friendly with prebiotic fiber

SMART SNACKING SOLUTIONS

16 OZ
Hint Water
2/\$3



Water sweetened with a hint of fruit

16 OZ
Food For Life Ezekiel 4 Cinnamon Raisin Cereal
\$9.99



High fiber
Made from organic sprouted grains

14 OZ
Sola Bread
\$5.49



1 gram net carbs

1.15 OZ
Justin's Butter Spreads
10/\$10



Plant-based protein source

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