



HERBS & SPICES

LA ROUSSE
FOODS

GABOR URBAN
growing pleasure



HERBS & SPICES

IRISH MICRO HERBS



Micro Flowers Borage

Weight /Quantity 50 Flowers
Price Unit : EACH
PRICE: €4.95 £4.21

CODE: 25137 



Micro Flowers Broad Bean

Weight /Quantity 30g
Price Unit : EACH
PRICE: €4.75 £4.04

CODE: 25132



Micro Flowers Nasturtium

Weight /Quantity 50 Flowers
Price Unit : EACH
PRICE: €4.95 £4.21

CODE: 25116 



Micro Amaranth Cress

Weight /Quantity 50g Apr-Oct
Price Unit : EACH
PRICE: €5.90 £5.02

CODE: 25104



Micro Burnett Salad

Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.75 £4.04

CODE: 25135



Micro Chard Yellow Cress

Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83

CODE: 25122



Micro Carrot Cress

Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83

CODE: 25126



Micro Celery Cress

Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83

CODE: 25107



Micro Chervil Cress

Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83

CODE: 25131



Micro Chocolate Mint

Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.75 £4.04

CODE: 25133



Micro Coriander Cress

Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83

CODE: 25100



Micro Dill Cress

Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83

CODE: 25123

HERBS & SPICES

IRISH MICRO HERBS



Micro Fennel Green Cress
Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83
CODE: 25108



Micro Greek Cress
Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83
CODE: 25124



Micro Icicle Radish Cress
Weight /Quantity 400g
Price Unit : EACH
PRICE: €9.00 £7.65
CODE: 25142



Micro Kohl Rabi Cress
Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83
CODE: 25106



Micro Komatsuna Cress
Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83
CODE: 25119



Micro Lemon Verbana
Weight /Quantity 20g
Price Unit : EACH
PRICE: €4.75 £4.04
CODE: 25143



Micro Mesclun
Weight /Quantity 250g
Price Unit : EACH
PRICE: €6.25 £5.31
CODE: 25141



Micro Mesclun Mix
Weight /Quantity 100g
Price Unit : EACH
PRICE: €5.50 £4.68
CODE: 25109



Micro Mesclun Mix
Weight /Quantity 500g
Price Unit : EACH
PRICE: €12.50 £10.63
CODE: 25099



Micro Mix Cress
Weight /Quantity 100g
Price Unit : EACH
PRICE: €5.50 £4.68
CODE: 25134



Micro Mizuna
Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83
CODE: 25114



Micro Mustard Red Giant Cress
Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83
CODE: 25113

HERBS & SPICES

IRISH MICRO HERBS



Micro Pea Shoots
Weight /Quantity 100g
Price Unit : EACH
PRICE: €5.85 £4.97
CODE: 25112



Micro Pea Shoots
Weight /Quantity 500g
Price Unit : EACH
PRICE: €12.50 £10.63
CODE: 25121



Micro Red Chard Cress
Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83
CODE: 25115



Micro Rocket
Weight /Quantity 100g
Price Unit : EACH
PRICE: €5.50 £4.68
CODE: 25111



Micro Sorrel
Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83
CODE: 25125



Micro Sorrel Buckler
Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83
CODE: 25110



Micro Sorrel Purple
Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83
CODE: 25136



Micro Watercress Irish
Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.50 £3.83
CODE: 25101



Micro Sunflower Shoots
Weight /Quantity 100g Apr-Oct
Price Unit : EACH
PRICE: €5.85 £4.97
CODE: 25105



Micro Ice Salad
Weight /Quantity 100g June- Oct
Price Unit : EACH
PRICE: €4.75 £4.04
CODE: 25138



Micro Basil Cress
Weight /Quantity 50g Apr-Oct
Price Unit : EACH
PRICE: €4.50 £3.83
CODE: 25117



Micro Nasturtium Leaves
Weight /Quantity 50g Apr-Oct
Price Unit : EACH
PRICE: €4.50 £3.83
CODE: 25103

HERBS & SPICES

FRESH HERBS



Basil
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22100



Basil
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €24.90 £21.17
CODE: 22195



Basil Purple
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22101



Peppermint
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22102



Lemon Balm
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22145



Lemongrass Sticks
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €10.75 £9.14
CODE: 22290



Bay Leaf
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22105



Chervil
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €24.90 £21.17
CODE: 22232



Chervil
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22110



Marjoram
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22155



Mint
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22160



Oregano
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22165



Chives
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22115



Chives
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €24.90 £21.17
CODE: 22210



Coriander
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22120



Parsley Flat Leaf
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22140



Rosemary
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22170



Sage
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22175



Coriander
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €24.90 £21.17
CODE: 22215



Dill
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22130



Dill Fresh
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €2.90 £2.47
CODE: 22219



Sorrel
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22180



Tarragon
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22185



Thyme
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22190

HERBS & SPICES

FRESH HERBS



Peppermint
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22102



Lemon Balm
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22145



Lemongrass Sticks
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €10.75 £9.14
CODE: 22290



Marjoram
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22155



Mint
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22160



Oregano
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22165



Parsley Flat Leaf
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22140



Rosemary
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22170



Sage
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22175



Sorrel
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22180



Tarragon
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22185



Thyme
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.65 £2.25
CODE: 22190

HERBS & SPICES

DRIED HERBS



Bay Leaves
Weight /Quantity 50g
Price Unit : EACH
PRICE: €4.90 £4.17
CODE: 31085



Chives
Weight /Quantity 80g
Price Unit : EACH
PRICE: €5.90 £5.02
CODE: 31073



Dill
Weight /Quantity 150g
Price Unit : EACH
PRICE: €5.80 £4.93
CODE: 31076



Herbs De Provence
Weight /Quantity 275g
Price Unit : EACH
PRICE: €6.80 £5.78
CODE: 31080



Oregano
Weight /Quantity 275g
Price Unit : EACH
PRICE: €5.40 £4.59
CODE: 31083



Parsley
Weight /Quantity 120g
Price Unit : EACH
PRICE: €6.80 £5.78
CODE: 31090



Rosemary
Weight /Quantity 200g
Price Unit : EACH
PRICE: €3.90 £3.32
CODE: 31072



Sage
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.80 £2.38
CODE: 31094



Tarragon Leaf
Weight /Quantity 80g
Price Unit : EACH
PRICE: €5.90 £5.02
CODE: 31099



Thyme
Weight /Quantity 180g
Price Unit : EACH
PRICE: €2.80 £2.38
CODE: 31067



Lavender Flowers
Weight /Quantity 120g
Price Unit : EACH
PRICE: €9.80 £8.33
CODE: 31056



Lime Leaves - Kaffir
Weight /Quantity 114g
Price Unit : EACH
PRICE: €2.80 £2.38
CODE: 22291

HERBS & SPICES

SPICES



Cajun Spice Seasoning
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €9.40 £7.99
CODE: 31031



Cardamom Ground
Weight /Quantity 450g
Price Unit : EACH
PRICE: €15.95 £13.56
CODE: 31033



Cardamom Pods
Weight /Quantity 450g
Price Unit : EACH
PRICE: €15.95 £13.56
CODE: 31040



Chilli Flakes Red (Crushed)
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €11.95 £10.16
CODE: 26151



Chilli Powder (Hot)
Weight /Quantity 400g
Price Unit : EACH
PRICE: €5.90 £5.02
CODE: 31126



Chilli Powder Sweet
Weight /Quantity 500g
Price Unit : EACH
PRICE: €6.90 £5.87
CODE: 31120



Chilli Whole Extra Hot
Weight /Quantity 250g
Price Unit : EACH
PRICE: €4.60 £3.91
CODE: 26159



Chinese Five Spice Powder
Weight /Quantity 227g
Price Unit : EACH
PRICE: €3.95 £3.36
CODE: 31109



Cinnamon Ground
Weight /Quantity 600g
Price Unit : EACH
PRICE: €5.50 £4.68
CODE: 31095



Cinnamon Sticks
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €17.95 £15.26
CODE: 31145



Cinnamon Sticks
Weight /Quantity 250g
Price Unit : EACH
PRICE: €4.55 £3.87
CODE: 31096



Cloves Whole
Weight /Quantity 300g
Price Unit : EACH
PRICE: €12.90 £10.97
CODE: 31136

HERBS & SPICES

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Coriander Ground
Weight /Quantity 400g
Price Unit : EACH
PRICE: €4.90 £4.17
CODE: 31028



Cumin Ground
Weight /Quantity 400g
Price Unit : EACH
PRICE: €4.95 £4.21
CODE: 31142



Cumin White
Weight /Quantity 100g
Price Unit : EACH
PRICE: €2.25 £1.91
CODE: 31246



Curry Ground
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €8.90 £7.57
CODE: 31112



Curry Leaves
Weight /Quantity 100g
Price Unit : EACH
PRICE: €3.45 £2.93
CODE: 31021



Garam Masala
Weight /Quantity 440g
Price Unit : EACH
PRICE: €11.90 £10.12
CODE: 31137



Ginger Ground
Weight /Quantity 400g
Price Unit : EACH
PRICE: €8.90 £7.57
CODE: 31110



Indian Bay Leaves
Weight /Quantity 100g
Price Unit : EACH
PRICE: €3.40 £2.89
CODE: 31130



Juniper Berries
Weight /Quantity 350g
Price Unit : EACH
PRICE: €5.90 £5.02
CODE: 31057



Korma
Weight /Quantity 350g
Price Unit : EACH
PRICE: €10.00 £8.50
CODE: 31292



Merguez Spice
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €20.95 £17.81
CODE: 264



Nutmeg Whole
Weight /Quantity 550g
Price Unit : EACH
PRICE: €29.90 £25.42
CODE: 31107



Paella Spice
Weight /Quantity 900g
Price Unit : EACH
PRICE: €6.70 £5.70
CODE: 31159



Piri Piri
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €24.90 £21.17
CODE: 31155



Saffron Powder
Weight /Quantity 10g
Price Unit : EACH
PRICE: €54.80 £46.58
CODE: 23045



Sumac Spice
Weight /Quantity 500g
Price Unit : EACH
PRICE: €6.95 £5.91
CODE: 31007



Paprika Smoked
Weight /Quantity 500g
Price Unit : EACH
PRICE: €11.90 £10.12
CODE: 31114



Ras el Hanout (Couscous Spice)
Weight /Quantity 400g
Price Unit : EACH
PRICE: €6.55 £5.57
CODE: 31146



Saffron Strands - Iranian
Weight /Quantity 10g
Price Unit : EACH
PRICE: €35.90 £30.52
CODE: 23043



Tikka Masala Spice
Weight /Quantity 600g
Price Unit : EACH
PRICE: €27.60 £23.46
CODE: 31294



Paprika Sweet
Weight /Quantity 500g
Price Unit : EACH
PRICE: €4.95 £4.21
CODE: 31111



Safdor Powder
Weight /Quantity 100g
Price Unit : EACH
PRICE: €23.60 £20.06
CODE: 23050



Star Anis Whole
Weight /Quantity 400g
Price Unit : EACH
PRICE: €6.80 £5.78
CODE: 31104



Turmeric Curcuma
Weight /Quantity 1kg
Price Unit : EACH
PRICE: €12.90 £10.97
CODE: 31160

HERBS & SPICES

SPICES



Cassia Bark Whole

Weight /Quantity 100g
Price Unit : EACH
PRICE: €5.95 £5.06

CODE: 31191



Kashmiri Chilli Flakes

Weight /Quantity 100g
Price Unit : EACH
PRICE: €1.85 £1.57

CODE: 31237



Kashmiri Chilli Whole

Weight /Quantity 100g
Price Unit : EACH
PRICE: €1.80 £1.53

CODE: 31194



Mace

Weight /Quantity 100g
Price Unit : EACH
PRICE: €9.10 £7.74

CODE: 31204 



Madras

Weight /Quantity 100g
Price Unit : EACH
PRICE: €3.00 £2.55

CODE: 31183 



Mouclade

Weight /Quantity 100g
Price Unit : EACH
PRICE: €5.95 £5.06

CODE: 31251 



Panch Phoron-Indian 5 Spice

Weight /Quantity 100g
Price Unit : EACH
PRICE: €3.75 £3.19

CODE: 31172 



Quatre Epice

Weight /Quantity 100g
Price Unit : EACH
PRICE: €10.90 £9.27

CODE: 31049 



Curry Leaves Dried

Weight /Quantity 100g
Price Unit : EACH
PRICE: €3.45 £2.93

CODE: 31021 



Cous Cous Spice Blend

Weight /Quantity 100g
Price Unit : EACH
PRICE: €6.40 £5.44

CODE: 31199



Rose Petals

Weight /Quantity 100g
Price Unit : EACH
PRICE: €8.95 £7.61

CODE: 31197



Mulled Wine Spice

Weight /Quantity 1kg (makes 10 ltr Wine)
Price Unit : EACH
PRICE: €8.90 £7.57

CODE: 31203