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LA
ROU
SSE



POULTRY



*Duck . Chicken . Quail
Goose . Turkey . Foie Gras*



THE FINE FOOD
SPECIALISTS

POULTRY

Duck



Aylesbury Irish Duck

Weight/Quantity	Price Unit
2kg	KILO
PRICE	CODE
€8.50 £7.20	11159

La Rousse EXPRESS



Skeaghanore Irish Duck

Weight/Quantity	Price Unit
2.4kg x 6	KILO
PRICE	CODE
€5.90 £5.00	11150

La Rousse EXPRESS



Skeaghanore Irish Duck Breast

Weight/Quantity	Price Unit
250g-320g x 4	KILO
PRICE	CODE
€19.90 £16.85	11157

La Rousse EXPRESS



Skeaghanore Irish Duck Leg

Weight/Quantity	Price Unit
290g-300g x 6	EACH
PRICE	CODE
€16.90 £14.31	25019

La Rousse EXPRESS



Skeaghanore Irish Duck Liver

Weight/Quantity	Price Unit
500g	KILO
PRICE	CODE
€10.90 £9.23	11148

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Skeaghanore Irish Duck Hearts

Weight/Quantity	Price Unit
1kg	KILO
PRICE	CODE
€7.80 £6.61	11181

La Rousse EXPRESS



Skeaghanore Irish Duck Tongue

Weight/Quantity	Price Unit
1kg	KILO
PRICE	CODE
€6.90 £5.84	11182

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Skeaghanore Irish Duck Wings

Weight/Quantity	Price Unit
1kg	KILO
PRICE	CODE
€8.90 £7.54	11183

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Ernest Soulard Croisé Duck

Weight/Quantity	Price Unit
1.1kg x 10	KILO
PRICE	CODE
€9.75 £8.26	21107

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Ernest Soulard Challans Duck Effilée

Weight/Quantity	Price Unit
3kg x 3	KILO
PRICE	CODE
€7.25 £6.14	11160

La Rousse EXPRESS



Ernest Soulard Barbary Duck Female

Weight/Quantity	Price Unit
1.5kg x 6	KILO
PRICE	CODE
€7.75 £6.56	11122

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Ernest Soulard Barbary Duck Male

Weight/Quantity	Price Unit
2.5kg x 2	KILO
PRICE	CODE
€9.75 £8.26	11133

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Ernest Soulard Magret Duck Breast

Weight/Quantity	Price Unit
400g x 10	KILO
PRICE	CODE
€21.60 £18.29	11186

La Rousse EXPRESS



Ernest Soulard Challans Duck Breast

Weight/Quantity	Price Unit
220g x 24	KILO
PRICE	CODE
€23.85 £20.20	11164

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Ernest Soulard Barbary Duck Breast Female

Weight/Quantity	Price Unit
180g x 18	KILO
PRICE	CODE
€18.95 £16.05	11135

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Ernest Soulard Barbary Duck Breast Male

Weight/Quantity	Price Unit
290g x 18	KILO
PRICE	CODE
€17.25 £14.61	11140

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PRICES ARE SUBJECT TO FLUCTUATION

POULTRY

Duck & Quail



Ernest Soulard Challans Duck Leg

Weight/Quantity	Price Unit
200g x 24	KILO
PRICE	CODE
€13.15 £11.14	11167

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Ernest Soulard Large Duck Leg

Weight/Quantity	Price Unit
370g x 18	KILO
PRICE	CODE
€8.65 £7.32	11163



Ernest Soulard Barbary Male Duck Leg

Weight/Quantity	Price Unit
300g x 18	KILO
PRICE	CODE
€8.65 £7.32	11145



Ernest Soulard Barbary Female Duck Leg

Weight/Quantity	Price Unit
180g x 18	KILO
PRICE	CODE
€8.65 £7.32	11152



Ernest Soulard Duck Ribs - Frozen

Weight/Quantity	Price Unit
3kg	KILO
PRICE	CODE
€16.75 £14.18	11153

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Ernest Soulard Duck Tournedos

Weight/Quantity	Price Unit
140g x 20	KILO
PRICE	CODE
€21.50 £18.21	11171

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Ernest Soulard Duck Neck

Weight/Quantity	Price Unit
5kg	KILO
PRICE	CODE
€3.75 £3.18	11174

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Ernest Soulard Duck Bones - Frozen

Weight/Quantity	Price Unit
10kg	KILO
PRICE	CODE
€2.85 £2.41	11147



Duck Hearts

Weight/Quantity	Price Unit
5kg	KILO
PRICE	CODE
€7.85 £6.65	11229

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Ernest Soulard Duck Livers - Frozen

Weight/Quantity	Price Unit
500g	KILO
PRICE	CODE
€6.95 £5.89	11176



Ernest Soulard Duck Gizzards

Weight/Quantity	Price Unit
5kg	KILO
PRICE	CODE
€8.45 £7.16	11195

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Ernest Soulard Duck Wings

Weight/Quantity	Price Unit
5kg	KILO
PRICE	CODE
€3.95 £3.34	11169

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Effilée Quail

Weight/Quantity	Price Unit
300g x 10	CASE
PRICE	CODE
€44.80 £37.94	11089

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Quail

Weight/Quantity	Price Unit
160g-180g x 10	CASE
PRICE	CODE
€22.50 £19.05	11076



Jumbo Quail

Weight/Quantity	Price Unit
200g x 10	CASE
PRICE	CODE
€23.90 £20.24	11073

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Spatchcock Boned Quail

Weight/Quantity	Price Unit
110g x 10	CASE
PRICE	CODE
€29.50 £24.98	11090

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POULTRY

Foie Gras



Duck Foie Gras Terrine

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€94.80 £80.28	11214



Duck Foie Gras Caprice

Weight/Quantity	Price Unit
1kg	EACH
PRICE	CODE
€24.90 £21.09	11213



Duck Foie Gras Ficelle

Weight/Quantity	Price Unit
250g x 4	EACH
PRICE	CODE
€68.90 £58.34	11222



Serrano Ham Bonbons Stuffed with Foie Gras

Weight/Quantity	Price Unit
27g x 9	KILO
PRICE	CODE
€110.90 £93.91	11266



Duck Foie Gras Escalope

Weight/Quantity	Price Unit
70g x 15	KILO
PRICE	CODE
€59.80 £50.64	11241



Duck Foie Gras Escalope

Weight/Quantity	Price Unit
30g x 30	KILO
PRICE	CODE
€49.80 £42.17	11236



Duck Foie Gras Pieces

Weight/Quantity	Price Unit
1kg	KILO
PRICE	CODE
€42.90 £36.33	11238



Figs Stuffed with Duck Foie Gras

Weight/Quantity	Price Unit
20g x 50	KILO
PRICE	CODE
€74.00 £62.66	11197



Duck Leg Confit & Foie Gras Terrine

Weight/Quantity	Price Unit
500g	EACH
PRICE	CODE
€17.85 £15.12	16086



Foie Gras Opéra with Yuzu & Ginger

Weight/Quantity	Price Unit
500g	EACH
PRICE	CODE
€26.90 £22.78	16162



Foie Gras Opéra with Mango

Weight/Quantity	Price Unit
500g	EACH
PRICE	CODE
€26.90 £22.78	16163



Foie Gras Opéra with Blackcurrant

Weight/Quantity	Price Unit
500g	EACH
PRICE	CODE
€29.95 £25.36	16335



Duck Foie Gras Extra - Trousse

Weight/Quantity	Price Unit
550g+	KILO
PRICE	CODE
€55.90 £47.34	11210



Duck Foie Gras Extra - Vac-Pac

Weight/Quantity	Price Unit
550g+	KILO
PRICE	CODE
€55.90 £47.34	11211



Duck Foie Gras Extra - Deveined

Weight/Quantity	Price Unit
500g	KILO
PRICE	CODE
€68.90 £58.34	11219



Goose Foie Gras Extra

Weight/Quantity	Price Unit
600g	KILO
PRICE	CODE
€99.80 £84.51	11235

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POULTRY

Fowl



Squab Pigeon Effilée

Weight/Quantity	Price Unit
400g x 10	KILO
PRICE	CODE
€19.95 €16.89	11244

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Squab Pigeon au Sang - with Blood

Weight/Quantity	Price Unit
650g x 10	KILO
PRICE	CODE
€19.95 €16.89	11259

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Squab Pigeon Spatchcock

Weight/Quantity	Price Unit
200g x 10	CASE
PRICE	CODE
€191.25 €161.95	11243

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Squab Pigeon

Weight/Quantity	Price Unit
480g x 10	KILO
PRICE	CODE
€18.60 €15.75	11242



Free-Range Goose Effilée

Weight/Quantity	Price Unit
3.8kg x 3	KILO
PRICE	CODE
€14.20 €12.02	11228

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Goose Oven-Ready

Weight/Quantity	Price Unit
5kg	KILO
PRICE	CODE
€16.80 €14.23	11220

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Goose Breast Magret

Weight/Quantity	Price Unit
355g x 14	KILO
PRICE	CODE
€23.25 €19.69	11225

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Goose Legs

Weight/Quantity	Price Unit
375g x 2	KILO
PRICE	CODE
€14.80 €12.53	11226

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Free-Range Turkey Effilée

Weight/Quantity	Price Unit
4kg x 4	KILO
PRICE	CODE
€12.50 €10.59	11070

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Irish Organic Bronze Turkey

Weight/Quantity	Price Unit
5kg	KILO
PRICE	CODE
€12.90 €10.92	11109

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Irish Free-Range Turkey

Weight/Quantity	Price Unit
6kg	KILO
PRICE	CODE
€6.95 €5.89	11112

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Turkey Breast Butterfly - Skin-On

Weight/Quantity	Price Unit
5kg	KILO
PRICE	CODE
€8.10 €6.86	11123



Free-Range Guinea Fowl Effilée - Capon

Weight/Quantity	Price Unit
2.5kg x 5	KILO
PRICE	CODE
€17.85 €15.12	11066

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Guinea Fowl Oven Ready

Weight/Quantity	Price Unit
1kg x 4	KILO
PRICE	CODE
€6.85 €5.80	11057



Guinea Fowl Supreme's

Weight/Quantity	Price Unit
180g x 20	KILO
PRICE	CODE
€16.40 €13.89	11064



Free-Range Guinea Fowl Legs

Weight/Quantity	Price Unit
175g x 24	KILO
PRICE	CODE
€13.30 €11.26	11065

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POULTRY

Chicken



Free-Range Black-Leg Chicken Effilée

Weight/Quantity	Price Unit
1.7kg x 4	KILO
PRICE	CODE
€7.60 £6.44	10998

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Free-Range Yellow Chicken Effilée

Weight/Quantity	Price Unit
1.7kg x 4	KILO
PRICE	CODE
€7.60 £6.44	10999

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Poularde de Bresse Chicken Effilée A.O.C.

Weight/Quantity	Price Unit
2.5kg x 3	KILO
PRICE	CODE
€16.50 £13.97	11043

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Irish Organic Chicken Effilée

Weight/Quantity	Price Unit
1.3kg x 6	CASE
PRICE	CODE
€98.35 £83.28	10994

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Irish Corn-Fed Chicken

Weight/Quantity	Price Unit
1.3kg x 9	CASE
PRICE	CODE
€65.50 £55.47	10990

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Irish Organic Chicken

Weight/Quantity	Price Unit
1.4kg x 8	CASE
PRICE	CODE
€104.15 £88.19	11041

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Irish Free-Range Chicken

Weight/Quantity	Price Unit
1.3kg x 9	CASE
PRICE	CODE
€78.90 £66.81	10996

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Irish Oven-Ready Chicken

Weight/Quantity	Price Unit
1.4kg x 9	CASE
PRICE	CODE
€49.90 £42.26	11010

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Black-Leg Chicken Supreme's

Weight/Quantity	Price Unit
200g x 36	KILO
PRICE	CODE
€17.25 £14.61	11038

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Chicken Supreme's - Skin-On

Weight/Quantity	Price Unit
200g-230g x 25	EACH
PRICE	CODE
€45.00 £38.11	11005

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Chicken Supreme's - French-Trim

Weight/Quantity	Price Unit
200g-230g x 25	EACH
PRICE	CODE
€48.80 £41.32	12008

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Chicken Breasts - Skin-Off

Weight/Quantity	Price Unit
150g-180g x 30	EACH
PRICE	CODE
€35.90 £30.40	11034

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Irish Corn-Fed Chicken Crown

Weight/Quantity	Price Unit
750g x 15	CASE
PRICE	CODE
€72.75 £61.60	11004

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Irish Corn-Fed Chicken Supreme's

Weight/Quantity	Price Unit
175g x 4	CASE
PRICE	CODE
€96.75 £81.93	11027

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Free-Range Chicken Skin - Frozen

Weight/Quantity	Price Unit
2.5kg	KILO
PRICE	CODE
€1.95 £1.65	12013

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Chicken Bones - Frozen

Weight/Quantity	Price Unit
10kg	KILO
PRICE	CODE
€1.45 £1.23	11026

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POULTRY

Chicken & Eggs



Irish Corn-Fed Chicken Legs

Weight/Quantity	Price Unit
250g x 32	CASE
PRICE	CODE
€38.85 £32.90	11021

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Black Leg Chicken Legs

Weight/Quantity	Price Unit
270g x 12	KILO
PRICE	CODE
€12.95 £10.97	11039

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Irish Chicken Legs

Weight/Quantity	Price Unit
10kg	CASE
PRICE	CODE
€42.90 £36.33	11006

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Irish Chicken Thigh Meat

Weight/Quantity	Price Unit
7kg	KILO
PRICE	CODE
€7.20 £6.10	11035

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Chicken Livers

Weight/Quantity	Price Unit
1kg	KILO
PRICE	CODE
€4.25 £3.60	11015



Corn-Fed Poussin

Weight/Quantity	Price Unit
400g x 10	KILO
PRICE	CODE
€8.70 £7.37	11049

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Poussin

Weight/Quantity	Price Unit
380g x 10	KILO
PRICE	CODE
€9.30 £7.88	11037



Spatchcock Poussin

Weight/Quantity	Price Unit
250g x 20	KILO
PRICE	CODE
€14.30 £12.11	11040

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Organic Duck Eggs

Weight/Quantity	Price Unit
6 per Box	EACH
PRICE	CODE
€3.95 £3.34	12914

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Duck Eggs

Weight/Quantity	Price Unit
6 per Box	EACH
PRICE	CODE
€3.95 £3.34	13001



Irish Quail Eggs

Weight/Quantity	Price Unit
12 per Box	EACH
PRICE	CODE
€2.95 £2.50	13139



Quail Eggs

Weight/Quantity	Price Unit
18 per Box	EACH
PRICE	CODE
€2.95 £2.50	13000



Irish Medium Eggs

Weight/Quantity	Price Unit
x 180	CASE
PRICE	CODE
€29.90 £25.32	12915



Irish Free-Range Medium Eggs

Weight/Quantity	Price Unit
x 180	CASE
PRICE	CODE
€34.40 £29.13	12920

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Liquid Egg Yolks

Weight/Quantity	Price Unit
1Ltr	EACH
PRICE	CODE
€7.20 £6.10	13017



Liquid Egg Whites

Weight/Quantity	Price Unit
1Ltr	EACH
PRICE	CODE
€4.50 £3.81	13019

PRICES ARE SUBJECT TO FLUCTUATION