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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 |

La Rousse EXPRESS



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 |

La Rousse EXPRESS



Skeaghanore Irish Duck Wings

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

La Rousse EXPRESS



Ernest Soulard Croisé Duck

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

La Rousse EXPRESS



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 |

La Rousse EXPRESS



Ernest Soulard Barbary Duck Male

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

La Rousse EXPRESS



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 |

La Rousse EXPRESS



Ernest Soulard Barbary Duck Breast Female

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

La Rousse EXPRESS



Ernest Soulard Barbary Duck Breast Male

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

La Rousse EXPRESS

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 |

La Rousse
EXPRESS



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 |

La Rousse
EXPRESS



Ernest Soulard Duck Tournedos

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

La Rousse
EXPRESS



Ernest Soulard Duck Neck

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

La Rousse
EXPRESS



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 |

La Rousse
EXPRESS



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 |

La Rousse
EXPRESS



Ernest Soulard Duck Wings

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

La Rousse
EXPRESS



Effilée Quail

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

La Rousse
EXPRESS



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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EXPRESS



Spatchcock Boned Quail

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

PRICES ARE SUBJECT TO FLUCTUATION

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 |

PRICES ARE SUBJECT TO FLUCTUATION

POULTRY

Fowl



Squab Pigeon Effilée

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

La Rousse EXPRESS



Squab Pigeon au Sang - with Blood

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

La Rousse EXPRESS



Squab Pigeon Spatchcock

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

La Rousse EXPRESS



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 |

La Rousse EXPRESS



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 |

La Rousse EXPRESS



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 |

La Rousse EXPRESS



Irish Free-Range Turkey

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



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 |

La Rousse EXPRESS



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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PRICES ARE SUBJECT TO FLUCTUATION

POULTRY

Chicken



Free-Range Black-Leg Chicken Effilée

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

La Rousse EXPRESS



Free-Range Yellow Chicken Effilée

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

La Rousse EXPRESS



Poularde de Bresse Chicken Effilée A.O.C.

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

La Rousse EXPRESS



Irish Organic Chicken Effilée

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

La Rousse EXPRESS



Irish Corn-Fed Chicken

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

La Rousse EXPRESS



Irish Organic Chicken

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

La Rousse EXPRESS



Irish Free-Range Chicken

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

La Rousse EXPRESS



Irish Oven-Ready Chicken

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

La Rousse EXPRESS



Black-Leg Chicken Supreme's

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

La Rousse EXPRESS



Chicken Supreme's - Skin-On

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



Chicken Supreme's - French-Trim

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

La Rousse EXPRESS



Chicken Breasts - Skin-Off

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

La Rousse EXPRESS



Irish Corn-Fed Chicken Crown

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

La Rousse EXPRESS



Irish Corn-Fed Chicken Supreme's

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

La Rousse EXPRESS



Free-Range Chicken Skin - Frozen

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



Chicken Bones - Frozen

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

PRICES ARE SUBJECT TO FLUCTUATION

POULTRY

Chicken & Eggs



Irish Corn-Fed Chicken Legs

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

La Rousse EXPRESS



Black Leg Chicken Legs

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

La Rousse EXPRESS



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 |

La Rousse EXPRESS



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 |

La Rousse EXPRESS



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 |

La Rousse EXPRESS



Organic Duck Eggs

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

La Rousse EXPRESS



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 |

La Rousse EXPRESS



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