



LAKE-GROWN
TILAPIA



FRESH TILAPIA



TAKE A FRESH LOOK AT THE WORLD'S FINEST TILAPIA

- ALL-NATURAL, RAISED IN PRISTINE DEEP-WATER LAKES
- HIGHLY NUTRITIOUS, LOW FAT AND HIGH PROTEIN
- PREMIUM QUALITY, EXCEPTIONAL FLAVOR
- SUSTAINABLE AND TRACEABLE
- NO ANTIBIOTICS AND CHEMICAL-FREE
- SOCIALLY AND ENVIRONMENTALLY RESPONSIBLE

Regal Springs is world-renowned for their 100% natural premium tilapia produced in pristine, deep-water lakes in Mexico, Honduras and Indonesia. Raised in large pens with floating feeds of only the highest-quality vegetable-based diet, Regal Springs Tilapia are unsurpassed for their nutritional value and quality. With social projects ranging from healthcare to education, Regal Springs invests millions of dollars each year to support and improve the lives of employees and their communities.



For more information on our products or for sales support, contact an Export Packers regional office near you:
West: 604-591-1603 | Ontario: 905-792-9700 | East: 514-745-6655

SETTING STANDARDS, EXCEEDING EXPECTATIONS

- Tilapia make an appealing center-of-the-plate presentation
- A high-protein, mercury- and gluten-free low-cost solution
- May be baked, broiled, sautéed, grilled or breaded—
and deliciously complement most sauces and side dishes
- Can be grilled or battered and fried in minutes, making
them ideal for fish tacos, appetizers, lunch plates and dinner
entrée proteins



FRESH
— FROM —
**HONDURAS
& MEXICO**

Nutrition Facts Valeur nutritive

About 1 portion (113 g)
Environ 1 portion (113 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 1 g	1 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
Cholesterol / Cholestérol 45 mg	
Sodium / Sodium 35 mg	1 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 21 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Calories / Calories 90

Fat / Lipides 1 g **1 %**

Saturated / saturés 0.5 g
+ Trans / trans 0 g **3 %**

Cholesterol / Cholestérol 45 mg

Sodium / Sodium 35 mg **1 %**

Carbohydrate / Glucides 0 g **0 %**

Fibre / Fibres 0 g **0 %**

Sugars / Sucres 0 g

Protein / Protéines 21 g

Vitamin A / Vitamine A 0 %

Vitamin C / Vitamine C 2 %

Calcium / Calcium 0 %

Iron / Fer 2 %

PRODUCT CODE	DESCRIPTION	CASE PACK	UPC/SCC
SF04218	1.5 - 2.5 lb Tilapia Fillet	1x10 lb	20059371799390
SF02734	7-9 oz Tilapia Fillet	1x10 lb	20059371776353
SF01665	5-7 oz Tilapia Fillet	1x10 lb	20059371773581
SF03138	3-5 oz Tilapia Fillet	1x10 lb	20059371781944

SUGGESTED SERVINGS:

- Pan-Seared Lemon-Thyme Tilapia
- Rustic Lake-Grown Tilapia Tacos
- Spicy Tilapia Lettuce Wraps
- Butter- and Herb-Basted Tilapia
- Spicy Lake-Grown Tilapia Ceviche
- Braised Tomato and Leek Soup
with Tilapia



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