



Consumer

Taste the freshness

The fish for every dish...

Reared on a vegetable-rich diet in pristine deep-water lakes to ensure they never consume algae, mud, or chemicals that could taint their flavor or nutritional value, our responsibly farmed tilapia are the healthy, eco-conscious choice.

Packed with protein and antioxidants and much better for the planet than land-based protein sources — what's not to love?

With fresh and frozen tilapia available in various forms, it's easy to create nourishing meals for everyone to enjoy. Visit our tilapia recipes page to discover the delicious dishes you could make...

GET INSPIRED





Where to buy Regal Springs® tilapia fish

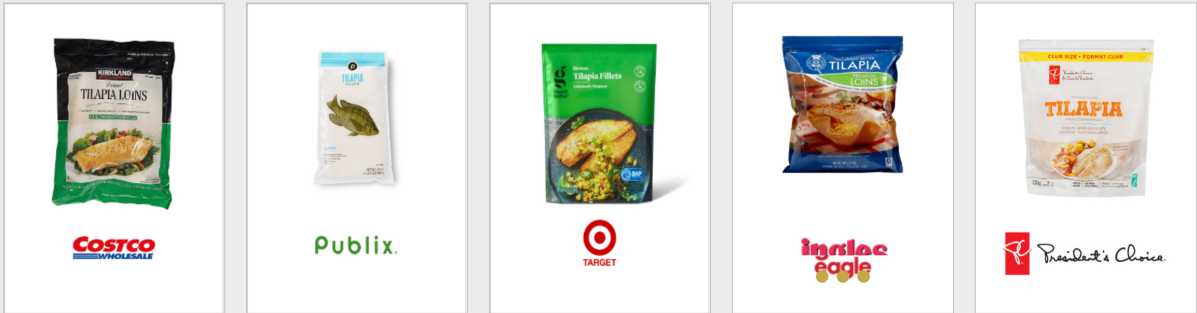
Can't wait to get your teeth stuck into a tasty tilapia stir fry or savor the delights of a spicy tilapia taco? You don't have to!

As a consumer, you can find our products in your favorite grocery aisles or through our online subscription services. Look for the Regal Springs® logo, or simply ask for any tilapia product raised in Honduras, Mexico, or Indonesia — chances are, it'll be ours.

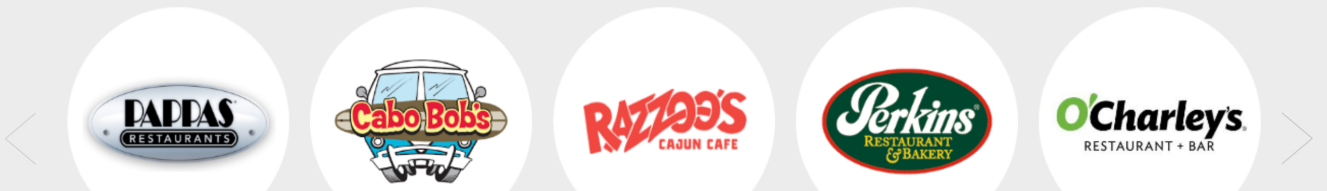
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Find our products in your favorite stores



Enjoy our tilapia at your local restaurants





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