

Lake Cisco Caviar (*Coregonus artedii*) – 95g jar



Also known as cisco or tullibee, the caviar produced from lake herring resembles lake whitefish in its clean, fresh and mild taste. The texture of this low salt caviar is crisp and the eggs pop nicely in the mouth. It is harvested in Western Canada and from Lake Superior and is marketed under the Embassy® brand.

Quality and Taste

Harvested from top-quality cisco fish, ensuring superior freshness and taste. A clean but savory taste with a smooth texture that adds depth to any dish. The roe is processed and packed under strict quality control measures to maintain its freshness and taste.

Nutritional Benefits

Our Lake Cisco Roe is rich in omega-3 fatty acids, vitamins, and minerals.

Culinary Uses

Ideal for a variety of culinary applications, from appetizers to main courses. Add a touch of elegance to your sushi rolls, enhance the flavor of your seafood dishes, or serve as a sophisticated appetizer with crackers and cream cheese.

Packaging

Our Lake Cisco Roe is available in 95g jars

Nutrition Facts	
Valeur nutritive	
Per 15 g / par 15 g	
Calories 25	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.3 g	
+ Trans / trans 0 g	2 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 80 mg	27 %
Sodium 200 mg	9 %
Potassium 0 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0.1 mg	1 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

- Ingredients:** Lake Cisco Roe, Salt
- Harvest Zone:** Canadian freshwater lakes
- Shelf Life:** 24 months
- Storage:** Keep frozen