



The GetLean Challenge

MENU

450 CAPISTRANO ROAD PRINCETON-BY-THE-SEA HALF MOON BAY, CA 94019
650/563-4181 EAT@SEVILLETAPAS.COM SEVILLETAPAS.COM

Take the guesswork out of eating at Seville! We collaborated with Empowered Fitness to make a GetLean-Challenge-approved menu.

Call **650.563.4181** for take out, or text orders or questions to **650.703.5838**

Salads and Soups

GetLean Coastside Salad 3-BLOCK meal **\$17.00**
Mixed greens with fire-roasted peppers, goat cheese, artichoke hearts, pepitas & balsamic vinaigrette served on the side. Price includes adding either chicken, smoked salmon or Jamón Serrano (dry-cured Spanish ham).

Kale Salad 3-BLOCK meal **\$13.00**
A seasonal variety of vegetables (kale, Brussels sprouts, shredded carrots, and cabbage), pepitas, and sesame seeds tossed in our house olive-oil, lemon-juice & Braggs amino acid dressing. Price includes adding either chicken, smoked salmon or Jamón Serrano (dry-cured Spanish ham).

GetLean Cup of Lentil Soup 2 BLOCKS CARBS **\$6.50**
Substitute this for your mini baguette for a higher fiber, lower glycemic option!

Pepitos—Mini Sandwiches

Each pepito is a 2-BLOCK meal. **\$5.00 each**

- A. Goat cheese and Manchego cheese with 5-pepper jam
- B. Grilled chicken with Manchego cheese and spring greens
- C. Grilled chicken with artichoke hearts, marinated grilled peppers and spring greens

Entrees

GetLean Spanish Sampler 2-BLOCK meal **\$16.50**
A tapas portion of Tortilla Española (potato-and-egg tart with alioli), Jamón Serrano (dry-cured Spanish ham) and a small side salad. GLC specify NO BREAD.

Gambas al Ajillo 2-BLOCK meal **\$10.00**
Shrimp sautéed in olive oil and garlic with medium-hot guindilla pepper. Comes with a mini baguette.

GetLean Pimientos de Piquillo Relleno 3-BLOCK meal
Two Piquillo peppers filled with your choice of protein. Comes with 1 mini baguette and a small side salad.

Herbed goat cheese topped with balsamic glaze **\$12.00**
Crab topped with alioli **\$14.00**
Add one more pepper to make it a 4-unit meal. **\$3.00 extra**

GetLean Chicken Kebabs 3-BLOCK meal **\$13.00**
Two kebabs marinated in 16 spices and grilled to perfection! Comes with 1 mini baguette and a small side salad.

GetLean Solomillo al Ajo 3-BLOCK meal **\$13.00**
Pork tenderloin slowly simmered in a garlic-wine sauce. Comes with 1 mini baguette and a small side salad.

Substitute gluten-free bread for your baguette. **\$2.50 extra**

Tips and Tricks

If the menu says to add chicken or a cold-cut, please communicate that to your server.

Salads are served with dressing on the side. GLC eaters should use it sparingly—about one tablespoon max.

Side salads are served without dressing. Add a small drizzle of olive oil and as much balsamic vinegar as you like.

Bottles are near the register.