



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.

Salads

GetLean Coastside Salad 3-BLOCK meal **\$13.00**
Mixed greens with fire-roasted peppers, goat cheese, artichoke hearts, pepitas & balsamic vinaigrette served on the side.
Price includes adding either chicken or cold-cut.

GetLean Andaluz Salad 4-BLOCK meal **\$15.00**
Spring greens, Spanish onion, chorizo, Manchego cheese, white asparagus, Manzanilla olives & roasted red pepper Romanesco vinaigrette on the side.
Price includes adding either chicken or cold-cut.

Pepitos—Mini Sandwiches

Each pepito is a 2-BLOCK meal. **\$4.00 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 Taste of Spain Sampler 2-BLOCK meal **\$14.00**
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.

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.
Goat cheese, fresh herbs and balsamic glaze **\$10.00**
Crab or shrimp (depends on availability), alioli **\$12.00**
Add one more pepper to make it a 4-unit meal. **\$2.50 extra**

GetLean Chicken Kebabs 3-BLOCK meal **\$11.00**
Two kebabs marinated in 10 spices and grilled to perfection!
Comes with 1 mini baguette and a small side salad.

GetLean Solomillo al Ajo 3-BLOCK meal **\$11.00**
Pork tenderloin slowly simmered in a garlic-wine sauce.
Comes with 1 mini baguette and a small side salad.

GetLean Cup of Lentil Soup 2 BLOCKS CARBS **\$5.00**
Substitute this for your mini baguette for a higher fiber, lower glycemic option!
Substitute gluten-free bread for your baguette. **\$2.00 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.