



**DEVOUR**  
SEVILLE

# **HOW TO VISIT SEVILLE & EAT LIKE A LOCAL**



Hey there, devourer!

Thank you so much for downloading our insider's guide, *How to Visit Seville & Eat Like a Local*. We know our tips on what and where to eat will help you make each meal memorable.

As curious travelers ourselves, we believe the best way to get to know a place is through its local foods and traditions. Plus, as the people behind Devour Seville's award-winning food tours, we are experts in the Andalusian capital's food and culture.

Whether you decide to tour with us or not, we hope this serves as a great foodie guide. Don't forget to be curious as you explore Seville's bars and restaurants—the next hidden gem is always waiting for you just around the corner!

## - THE DEVOUR SEVILLE TEAM

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## 1. UNDERSTANDING SEVILLE'S FOOD SCENE

### *a. Traditional vs. Modern Seville*

Seville is a unique Spanish city. Though firmly rooted in tradition and history (just look at its yearly festivals, *Semana Santa* and *La Feria de Abril*), you'll also find modern pockets of the city where you'd least expect them. There is a constant push and pull between tradition and innovation, which can be seen everywhere from the food to the architecture. Take an elevator up to the top of the ultra-modern Metropol Parasol, or "*Las Setas*" as the locals call it, and soak up stunning views of the old city. As you stroll around town, take note of the one-stop mom-and-pop shops lining the streets. When you begin tasting Seville's delicious food, keep this unique contrast in mind, too. From modern gastro-bars to traditional taverns that have been in the same family for years, there's plenty to try, and we're excited to share our local-approved favorites with you!

### *b. Tapas Culture in Seville*

Oh, tapas. Where to start? These days it would seem you can eat tapas almost anywhere! But we'll share a little secret: the only place you can really *do* tapas is here in Spain. That's because tapas are so much more than small, shared plates! Tapas are actually a complete cultural experience.

Going out for tapas in Seville is something informal and casual. You can go out with friends or family on any night of the week. Unlike in other Spanish cities, tapas in Seville are not free. But don't worry! They aren't very expensive either, generally ranging from 2€ to 6€ depending on the place. One tapa will usually give one or two people a taste, so if you're in a bigger group, try ordering a larger size. After the tapa size comes a *media ración* (half plate) or *ración* (full plate).

### *c. Three Tips to Succeed in Seville's Tapas Bars*

1. Forget your personal bubble: A telltale sign of a great tapas bar in Seville? It's crowded, noisy, and, maybe for some visitors, a tad bit uncomfortable. Fight the urge to go to a quieter spot. Make your way up to the crowded bar, nudge your way through to order and rub elbows (sometimes literally!) with those around you. You can pop around to different tapas bars all night long using this method, or try it out for your pre-dinner aperitif.
2. Avoid the signs with 12 different paellas: If you see a sign like this, run for the hills. It is most likely a tourist trap! Those paellas come frozen, and they'll be brought to your table after a quick nuke in the microwave. It's important to note that paella is far from Spain's national dish. In fact, it's a regional specialty from Valencia, and it can be hard to find a good version elsewhere!



3. Order slowly and move around: The art of going out for tapas in Seville is that it's not a rushed experience! Instead, it should be a relaxed night out, enjoying good food, drinks, and company. That means you shouldn't get to the first bar and order everything you'd like all at once! Order a drink and one tapa while you feel out the place and take in the surroundings. Once you finish your first drink, you can decide whether you'd like to try something else, or move on to the next spot!

## 2. FIVE MUST-TRY TAPAS IN SEVILLE

**a. Solomillo al whisky:** Lightly-grilled, tender pork loin doused in a garlicky whisky sauce. Usually served with a few fried potatoes to mop up the delicious sauce.

**b. Montaditos:** Literally translated to small sandwiches, *montaditos* are a great way to try authentic Spanish ingredients on a small scale. Two absolute must-try *montaditos* are the *serranito de cerdo* (grilled pork loin, cured *Serrano* ham and a fried green pepper) and *pringá* (a delicious, pork-filled flavor explosion of stewed meat). Eat your heart out while you're here, and if you're curious where our favorite *montadito* is, you'll just have to join us on our [Tastes, Tapas & Traditions Food Tour!](#)

**c. Espinacas con garbanzos:** A hearty, traditional stew of cooked spinach, chickpeas, cumin, and garlic.

**d. Salmorejo:** A thick tomato soup served cold that's similar to *gazpacho*. What makes *salmorejo* so scrumptious is its creamy texture, not to mention the hard boiled egg and diced ham served on top!

**e. Pescaíto frito:** The direct translation here is "fried fish," but it doesn't do this tapa, nor tradition, any justice! Lightly dusted in flour and fried in olive oil, this is a delicious way to enjoy some of Spain's freshest ingredients. There are many different types of fried fish to try, but our personal favorites are *chocos* (cuttlefish), *cazón en adobo* (dogfish) and *ortiguillas* (fried sea anemone).



### 3. OUR TOP TEN MUST-VISIT BARS & RESTAURANTS THIS YEAR

**a. Paco España**

***Calle Alfarería, 18***

Don't leave without trying their *ensaladilla*, a traditional potato salad often served with canned tuna or freshly-boiled shrimp. It's the owner's mom's recipe, and while many *ensaladillas* skimp on the shrimp and load up on the potatoes, this one is the exact opposite.

**b. Bodeguita Romero**

***Calle Harinas, 10***

Don't leave without trying their *montadito de pringá*, a small sandwich filled with the meat traditionally cooked in a Sunday chickpea stew. We're talking pork belly, chorizo, blood sausage and more! Every *sevillano* has their favorite bar for *pringá*, and this spot is on many locals' list!

**c. SEIS**

***Plaza Nueva, 7***

Don't leave without trying their take on *torrijas*, Spain's version of French toast soaked in honey. You can usually only find them around Easter, but *torrijas* are served year-round at this whimsical gastro-bar.

**d. El Tragá**

***Calle Águilas, 6***

Don't leave without trying their *salmón ahumado*, a version of smoked salmon served with a twist. Don't be shocked when it literally comes smoking to your table!

**e. Bodega Mateo Ruiz**

***Calle Palacios Malaver, 33***

Don't leave without trying their *bacalao frito*, perfectly-fried cod. In true traditional Spanish fare, simple ingredients done well make for an unforgettable bite!

**f. Taberna Peregil**

***Calle Mateo Gago, 22***

Don't leave without trying what this historic hole-in-the-wall is most famous for—its *vino de naranja*, a delicious orange wine! Pay a visit to Peregil and you'll understand why we had to include it in our [Tapas, Taverns & History Tour!](#)





**g. La Brunilda**  
***Calle Galera, 5***

Don't leave without trying their delicious modern tapas. Our favorite? The *hamburguesa de ternera con emulsión de soja*, a beautiful mini burger with soy-infused mayonnaise!

**h. Salsamento**  
***Calle Jerónimo Hernández, 19***

Don't leave without trying their mini *tosta de sardina*, which is a smoked sardine served on a bed of guacamole topping a small slice of toast. Their top-notch wine list doesn't hurt either!

**i. conTenedor**  
***Calle San Luis, 50***

Don't leave without trying their signature *arroz con setas y pato*, a creamy rice with mushrooms and duck. Though any dish on their constantly-changing menu is wonderful, their well-loved rice is always in season and always good.

**j. Casa Ricardo**  
***Calle Hernán Cortés, 2***

Don't leave without trying their unforgettable ham and cheese croquettes or *croquetas*, believed by many *sevillanos* to be the best in town! Plus, this traditional tavern is also a great place to get a sneak peak of Seville's famous Holy Week.



## 4. FIVE COMMON FOOD MISTAKES AND HOW TO AVOID THEM

### *a. Trying to implement the same schedule you're used to at home.*

Forget your three-meal-a-day routine. Now that you're coming to Spain on vacation, you might as well do as the Spaniards do and adjust to our schedule! A *sevillano's* typical eating schedule is below:

- 8 am:** Have a coffee before leaving the house
  - 11 am:** Have breakfast; either a toasted baguette with fresh tomato and olive oil, *churros con chocolate*, or a pastry.
  - 2 pm-3 pm:** Have lunch; this is the biggest meal of the day
  - 6 pm-7 pm:** Have your afternoon snack, which is called a *merienda*
  - 9 pm and on:** Have dinner
- It's a lot of eating, but you can do it!

### *b. Reaching for your wallet after ordering a drink.*

Most bars won't give you the check until you're ready to cash out for the whole night. So feel free to order away and know they're keeping tally behind the bar (or if you're at a really traditional joint in Seville, right ON the bar with a piece of chalk!). Once you're ready to leave, just approach the bar and ask for *la cuenta*, or check, to pay

### *c. Eating churros con chocolate for dessert.*

In Spain, churros are never eaten as a dessert. They're the perfect lazy morning breakfast or afternoon snack. Order them with a thick cup of Spanish chocolate or a warm *café con leche*. Our favorite churros in Seville? While many bars get their churros delivered each morning to serve for breakfast, we prefer ours fried to order. Bar El Comercio (*Calle Lineros, 9*) is our go-to stop when we're in the center, and it's also on our [Seville for Kids Walking Tour!](#)

### *d. Ordering sangría.*

*Sangría* is delicious! There's no arguing that. But it's just not something Spaniards regularly order at bars, which means the stuff you'll find in a bar usually isn't that good. Your best bet is to order what the locals drink instead—*un tinto de verano*—red wine with lemon soda!



*e. Sitting down to a big dinner.*

The big meal of the day in Spain is lunch. As you learned in your first tip, lunch is eaten between 2 and 3 pm, so it's a bit later than back home. If you're playing by these rules, after a 6 pm snack, you probably won't be hungry for a huge dinner anyway. Our tip? Forgo the sit-down dinner and enjoy a night of tapas just like the locals do!

## **HUNGRY FOR MORE?**

**Put away your guidebooks and feed your curiosity on a Devour food tour!**

Don't waste a meal at a soulless tourist trap. Join our local experts and venture off the beaten path for a meal you're sure to remember.

Join our mission to help local culture thrive as we support family-run businesses and unique cultural icons. Meet the proud people behind your food, hear fascinating stories, and experience age-old traditions on our insider experiences!

Find more information and reserve by clicking the links below.

[\*\*Evening Tapas, Taverns & History Tour\*\*](#)

[\*\*Evening Tapas & Flamenco Tour\*\*](#)

[\*\*Evening Tapas Like a Local: Triana Neighborhood Tapas Tour\*\*](#)

[\*\*Daytime Tastes, Tapas & Traditions of Seville Food Tour\*\*](#)

[\*\*Daytime Seville for Kids Walking Tour\*\*](#)

Thank you so much for downloading our Seville food guide—the family-run businesses included thank you, too! Have fun and stay curious out there!

**HUNGRY FOR MORE? COME FIND US AT**  
[\*\*DEVOURSEVILLEFOODTOURS.COM!\*\*](https://devoursevillefoodtours.com)