

MAR | MUNTANYA **Dinner**

NORTHERN SPANISH CUISINE

Our team warmly invites you to experience our distinctive interpretation of Northern Spain's vibrant cuisine & culture, inspired by the coastal & mountainous regions of Catalonia & the Basque Country. While we don't claim full authenticity, our menu blends the rich traditions of these areas with Utah's heritage of preservation & mountain homesteading, interwoven with select recipes drawn directly from Chef Tyson's family heritage—passed down and thoughtfully reinterpreted. Celebrating the connection between sea & mountains, we craft dishes using both local produce & Spanish imports, all designed for sharing in the convivial spirit of "Tapas Style" dining. Our knowledgeable team is here to guide you through a culinary journey that reflects the lively cultures & languages of Northern Spain & Utah.

¡Buen provecho! — Bon profit! — On egin! — Enjoy!

Executive Chef | Tyson Peterson

General Manager | Eric Bergstrom

Chef De Cuisine | Andrew Sargent

Assistant Manager & Junior Sommelier | Daryan Conant

Private Events:

info@mar-muntanya.com

or Scan the QR code to Book



~A Service Charge of 20% Will Be Added to Parties of 6 or More~

Please Note: We are only able to split checks evenly up to 6 ways.
For groups of 6 or more, a single payment method is kindly requested.

****Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.***



@mar-muntanya #mar-muntanya

CRUDO

Raw & Chilled

***M/M OYSTERS** *NF, GF, DF* **5 ea**
West Coast Oysters, Elk Tartare, Piquillo Còtel Sauce,
Spruce & Juniper Mignonette **order 3/6/9/12**

***TUNA RED FRUIT** *GF, DF* **29**
Barcelona Bluefin Tuna, Blood Orange, Pomegranate, Smoked Pistachio, Cran-Spruce Cordial, Mint

***NEGI-TORO PAELLA BITES** NF
Barcelona Bluefin Tuna Chūtōro Belly, Scallion,
 Crispy Paella Socarrat, Sèsame, Pickled Guindilla

SOURDOUGH

Made by Hand in House

M/M BREAD & BUTTER 11

Local Butter, Flakey Sea Salt

Additions - Piquillo Almond Romesco **3**
- Confit Garlic Spread **2**
- Spruce Tip Jelly **3**

***SOURDOUGH STARTER** 13

A jar of our 150-year-old hybrid yeast strain, Chef's double loaf sourdough recipe, & care instructions

***ELK CARPACCIO COCA** *NF* **21**
Shaved Elk Loin, Shiitake, Sourdough Flatbread,
Spruce Cream, Aged Manchego, Arugula

TOSTAS

Tartine Style Open Faced Toasts

FALL CORN *NF* **11**

Brown Butter Corn Puree, Grilled Sourdough
Piquillo-Mushroom Escabeche, Herb Oil

SMOKED TOMATO *NF, DF* **8**
Crushed Heirloom Tomato, Garlic Confit,
Imported Cristal Bread, Smoked Olive Oil

Additions - 14 Month Aged Manchego 3
- Jamon Serrano 9

CRAB AVOCADO *NF, DF* **21**

Grilled Sourdough, Lump Crab,
Avocado, Radish, Cucumber, Ocho Mayo

MAR

Sea, Lake, & Stream

SHRIMP *al AJILLO* *NF, GF* **16**
White Wine, Garlic Butter, Piment d'Espelette

***TUNA a la BRASA** NF, GF, DF **58**

Barcelona Bluefin Tuna Chūtoro Akami Loin,
Umami Crust, Grilled Scallion, Salsa Vizcaína

OCTOPUS ASADOR NF **18**
Slow Cooked Spanish Octopus,
Yukon Gold Mash, Garlic & Chorizo

***SCALLOP ESCABECHE** *DF* **34**
 Maine Scallops, Piquillo Almond Romesco,
 Iberico Bacon, Orange & Pimiento Escabeche

TROUT AVELLANA *GF* **36**
Whistling Springs Rainbow Trout, Hazelnut Crust,
Charred Beans & Mint, Smoked Espelette Butter

PINTXOS

Simply Prepared Bites & Snacks

CHARRED SHISHITOS *NF, GF, DF* **7**

Often Mild, Sometimes Spicy Peppers,
Ocho Spice Aioli, Lemon

MARINATED OLIVES NF, GF, DF 8

Orange, Rosemary, Mixed Olives, Ocho Spice

CRISPY CRAB TALO *NF,DF* **11**
Corn Basque Bread, Salsa Vizcaína, Lump Crab

CORN AMAZAKE GAZPACHO NF, GF, DF 6

Charred Koji-Corn Broth, Seasonal Garnishes

MATANZA

Cured & Crafted Meat Specialties

CHORIZO BILBAO *NF, GF* **9**
Basque Style Pork Chorizo, Savora Mustard

TXISTORRA NAVARRE *NF* **11**
Pamplona Style Pork Chorizo, Sour Apricot Glaze

MORCILLA CATALANA *NF* **10**
Pork Black Sausage, Mash, Bacon, Blackberry, Sage

EMBUTIDO PARTY 48

2 of Each Link Above- Plattered with Various Garnishes

PORK & RABBIT TERRINE *NF* **21**
Cider Apple Confit, Savora Mustard, Juniper Pickles

TERRA

Land & Vegetable

FUNERAL CROQUETAS *NF* **14**
Cheesy Hash Brown Casserole Fritters,
Corn Flake Crust, Scallion Aioli, Pickled Fresno

PATATAS BRAVAS *NF, DF* **10**
Twice Cooked Potatoes, Salsa Bravas,
Confit Garlic Aioli, Smoked Paprika

CRISPY BRUSSELS SPROUTS *DF* **16**
Sour Pomegranate Honey, Iberico Bacon,
Crushed Hazelnuts

MUNTANYA

Mountain & Prairie

***CAMPFIRE ELK LOIN** *NF* **49**
Juniper Crusted Local Elk, Yukon Mash,
Iberico Bacon, Blackberry Demi, Sage Crumb

HALF RACK IBERICO RIBS NF, DF **29**

Slow-Cooked St. Louis Cut *Niman* Pork Ribs,
Ocho Spice Rub, Sour Pomegranate Glaze

***LOCAL PRIME BEEF HANGER** *NF, GF* **52**
Grilled *UT 47 Prime Beef*, Yukon Mash
Fire Roasted Piquillo “al Ajillo”

M/M STYLE SHEPHERD'S PIE *NF, DF* **27**
Elk, Bison, & Wagyu Ragout, Market Vegetables,
Piquillo, Yukon Gold Mash, Manchego

FIELD LINE PHEASANT NE, GF **32**

Mushroom Farce, Cider Apple Confit,
Field Grain Birdshot, Brown Butter Sherry Jus