

Welcome to Mar / Muntanya!

Our team invites you to savor our unique take on Northern Spain's vibrant cuisine & culture, inspired by the coastal and mountainous landscapes of Catalonia & the Basque Country. While not claiming full authenticity, our menu reflects a blend of these regions' traditions with our own Utah heritage of preservation & mountain homesteading.

We celebrate the connection between sea & mountains, offering dishes crafted from local produce & Spanish imports. Embrace the convivial spirit of "Tapas Style" dining with our small & large plates designed for sharing. Our knowledgeable team is happy to guide. Enjoy a culinary journey that is inspired by 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

[@mar-muntanya](#) [#mar-muntanya](#)

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

Please Note: We are able to split checks evenly up to 6 ways.

For groups requiring more than 6 splits, a single payment method is kindly requested.

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

La Casa del Gin Tonic

The House of Gin Tonic

*Spain is one of the top consumers of Gin in the world. Its popularity resulted in the removal of the “&” in “Gin & Tonic” and is referred to as simply “**Gin Tonic.**” Pair your Gin selection with our house-crafted **Spruce Tip Tonic** or rotating **Seasonal Market Tonic**.*

Deluxe

Select one **16**

 **Alpine Elevated** ^{H,F}
Park City, Utah (New Western)

 **Temple Of The Moon** ^{J,S}
West Valley, Utah (New Western)

 **Madam Pattirini** ^{F,C}
Ogden, Utah (New Western)

 **Proverbial** ^{C,S}
Park City, Utah (New Western)

 **Beehive Jack Rabbit** ^{H,S}
Salt Lake City, Utah (Craft)

Bombay Sapphire ^{H,C}
Laverstoke, England (London Dry)

Premium

Select one **19**

 **Beehive Barrel Reserve** ^{H,S}
Salt Lake City, Utah (Craft)

Roku ^{H,C}
Osaka, Japan (Japanese Gin)

Gunpowder ^{S,H}
Drumshanbo, Ireland (New Western)

The Botanist ^{H,F}
Islay, Scotland (Islay Dry Gin)

Empress 1908 ^{F,C}
Sidney, B.C. (New Western)

Hendrick's ^{F,H}
Girvan, Scotland (New Western)

Gray Whale ^{C,F}
Sebastopol, California (New Western)

Old G ^{J,S}
Fort Myers, Florida (London Dry)

Sipsmith ^{J,F}
London, England (London Dry)

Tanqueray No. Ten ^{C,H}
Fife, Scotland (New Western)

Dominant Flavor

J - Juniper

S - Spice

F - Floral

Fr - Fruit

C - Citrus

H - Herbal

Super-Premium

Select one **21**

 **Holystone Navy Strength**
Murray, Utah (Navy Strength)

Monkey 47 ^{H,C}
Loburg, Germany (New Western)

 **Holystone Cerulea** ^{F,C}
Murray, Utah (Navy Strength)

Harmony ^{S,F}
Frederick, Maryland (Craft)

Exclusive & Rare

Select one **23**

 **Chef's Spruce Gin** ^{H,C}
Park City, Utah (Bespoke)

 **Beehive Wild Forage** ^{H,J}
Salt Lake City, Utah (Craft)

Mahon Xoriguer ^{H,J}
Menorca, **Spain** (Gin de Menorca)

Nordes ^{C,F}
Galicia **Spain** (New Western)

Puerto de Indias Black ^{Fr,F}
Seville, **Spain** (New Western)

Gin Mare ^{H,C}
Vilanova i la Geltru, **Spain** (Craft)

 = **Local Utah Gin**



Còctels

Cocktails

Vesper MAR-tini

Chef's Alpine Collab Spruce Tip Gin,
Persistent Vodka, Cocchi Americano,
Nonino Amaro, Black Lemon Bitters

23



Raspberry Days Gimlet

24

Chef's Alpine Collab Spruce Tip Gin,
Empress 1908 Elderflower Rose, Fresh Raspberry,
Local Cox Honey, Spruce, Raspberry Leaf Espume

Mule Kisses

14

Temple of the Moon Gin, Creme De Violet,
Ginger Beer, Lime

Golden Hour

20

Plantation Pineapple Rum, Passion Fruit,
Orgeat, Lime, Basil

One More Word

17

Alpine Elevated Gin, AngeVert, Preserve,
Luxardo, Lime, Preserve Cherries

Carajillo Espresso Martini

19

Persistent Vodka, Licor 43,
Idle Hands Espresso, Maple, Salt



MAR 75

18

Gunpowder Irish Gin, Miquel Pons Cava Brut,
Campari, Grapefruit Juice, Rosemary

Meant To Bee

13

High West Bourbon, Lavender Honey,
Lemon, Vichy Catalan Sparkling Water

Forgotten Garden

15

Empress 1908 Cucumber Lemon Gin,
Mint & Cucumber Shrub, Pink Peppercorn

Spicy Ocho MAR-garita

22

Ocho Plata Tequila, Ancho Reyes Chile Liqueur,
Fruita Liqueur, Agave, Lime, Smoked Chile Bitters,
Ocho Spice Rim

Campfire Old Fashioned

23

High West Campfire, High West Double Rye,
Smoked Black Tea Syrup, Charred Cinnamon,
Angostura Bitters



Sangrias 19

An Elegant Tribute To Spain
Artfully Blended with Chef's House Crafted Tonics
Fresh Seasonal Fruit & Local Waterpocket Fruita Liqueur
With your choice of

Cava / Sparkling

Seasonal Tonic

Blanco / White

Spruce Tip Tonic

Rojo / Red

Seasonal Tonic





Vino de Copa

Wine by the Glass



Sparkling Wine

5oz Glass

Miquel Pons Cava Brut 13

La Granada, Spain (Blend)

Mumm Napa Prestige 19

Rutherford, California (Blend)

White Wine

5oz Glass



Pazo Cilleiro Albariño 18

Rías Baixas, Spain (Albariño)

Tantaka Arbako Txakolina 20

Álava, Spain (Hondarabbi Zuri)

Castro Ventosa Godello 21

Valtuille de Abajo, Spain (Godello)

La Crema Chardonnay 19

Sonoma Coast, California (Chardonnay)

Duckhorn Sauvignon Blanc 25

St. Helena, California (Sauvignon Blanc)

Terlato Friuli Pinot Grigio 20

Friuli Colli Orientali, Italy (Pinot Grigio)



Rosé

5oz Glass

Francis Ford Coppola Sofia 15

Geyserville, California (Blend)

Red Wine

5oz Glass

Bodegas Borsao Garnatxa 14

Campo de Borja, Spain (Garnacha)

Larchago Tempranillo 16

Rioja Alavessa, Spain (Tempernillo)

Cartena Malbec 24

Mendoza, Argentina (Malbec)

Justin Cabernet Sauvignon 26

Paso Robles, California (Cabernet Sauvignon)

DeLoach Pinot Noir 14

Sonoma, California (Pinot Noir)

St. Francis Merlot 17

Sanoma, California (Merlot)

Decoy Zinfandel 22

Napa Valley, California (Zinfandel)

Cervesa & Sidra

Beer & Cider



Draught

	ABV
Porcupine Pilsner	8 5%
Moab Brewery Moab, Utah	
Hefeweizen	8 5%
Squatters Brewery SLC, Utah	
Juicy IPA	8 5%
Squatters Brewery SLC, Utah	
Deuce Coupe Red Lager	8 5%
Salt Flats Brewing SLC, Utah	

Craft Local

	ABV
Dallas Alice	12 6.2%
Belgian Style Blonde Ale	
Level Crossing SLC, Utah	
Kolsch	9 5%
German style Ale	
UTOG Brewing Co. Ogden, Utah	
Rocket Bike	10 5%
Lager	
Moab Brewery Moab, Utah	
Blizzard Wizzard	10 5%
Pale Ale	
Proper Brewing Co. SLC, Utah	
Los Locos	10 5.1%
Mexican Style Lager	
Epic Brewing SLC, Utah	

Cider

	ABV
Cottonwood 473ml	14 6.9%
Mountain West SLC, Utah	
Stinger 355ml	14 6.9%
Hive Layton, Utah	
Claque Pepin 750ml	23 5%
Claque Pepin Normandy, France	

N/A Beer

	ABV
Run Wild IPA	8 0%
Athletic Brewing Milford, CT	

Spirit Free

Chef's House Made Tonics	8
Crafted & Kegged In-House	
Choice of Spruce Tip or our rotating Seasonal Blend	

Secret Garden	9
A Spirt Free Reflection of the Forgotten Garden.	
Crisp Cucumber Mint Shrub, Fresh Lemon	
Pink Pepercorn, Soda	

Phony Negroni	9
St. Agrestis' Phony Negroni, Orange Peel	

Cru Kombucha on Tap	9
Seasonal Local Draught Kombucha	

PINTXOS

Simply Prepared Bites & Snacks

CHARRED SHISHITOS *NF, DF* 4

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

MOJAMA TUNA TOSTA *NF* 7

Salt & Sugar-Cured Thin-Shaved Tuna,
Grilled Brioche, Confit Garlic

SHRIMP SKEWER *NF, GF* 7

Char-Grilled Gulf Shrimp,
Juniper-Lemon Butter

MARINATED OLIVES *NF, GF, DF* 11

Rosemary & Orange Marinated Olives,
Smoked Olive Oil, Ocho Spice

GAZPACHO SHOOTER *NF, GF, DF* 4

Chilled Melon & Piquillo Soup,
Little Garnishes of the Season

EMBUTIDOS

Sausage Links of Northern Spain

CHORIZO BILBAO *NF, GF* 8

Basque Style Pork Chorizo,
House Made Savora Mustard

MORCILLA CATALANA *NF* 6

Pork & Rice Black Sausage
Grilled Plums, Jamon X.O. Sauce

BUTIFARRA CATALANA *GF* 8

Pork White Sausage,
Piquillo Almond Romesco

TXISTORRA NAVARRE *NF* 12

Pamplona Style Pork Chorizo,
Sour Apricot Glaze

OUR SOURDOUGH

Made by Hand in House

M/M BREAD & BUTTER 11

Baylee's Hand Made Local Sweet Cream Butter,
Flakey Sea Salt

Additions

Spruce Tip Jelly 3

Confit Garlic Spread 2

Almond Romesco 3



Sourdough Starter 10

4 ounce jar of our 150-year-old hybrid yeast
strain & Chef's 2 loaf sourdough recipe

TOSTAS

Tartine Style Open Faced Toasts

CHANTERELLE & APRICOT *NF* 11

Whipped Cana De Cabra, Grilled Sourdough
Pickled Shallot, Apricot Vinegar, Tarragon



***BARCELONA BLUEFIN** *NF, DF* 24

Grilled Sourdough, Tuna Tartare,
Avocado, Radish, Ocho Mayo

***ELK TARTARE** *NF* 28

Diced Local Elk, Crunchy Brioche,
Caper & Olive Dressing, Manchego

MARKET TOMATO *NF, DF* 8

"Pan con Tomate"

Crushed Heirloom Tomato, Garlic Confit,
Cristal Bread, Smoked Olive Oil

Additions

14 Month Aged Manchego 3

Jamon Serrano 9

CRUDO

Raw & Chilled

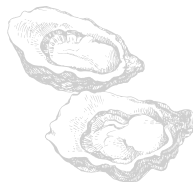
***M/M OYSTERS** *NF, GF, DF*

West Coast Oysters, Elk Tartare,
Spruce & Juniper Mignonette,
Piquillo Còctel Sauce

SIX 30

NINE 45

TWELVE 60



***YELLOWTAIL & PLUM** *NF, DF* 15

Yellowtail Sashimi, Espelette Oil
Grill Kissed Market Plums, Yuzu,
Liquid Sourdough Amino Ponzu

***BLUEFIN & MELON** *GF, DF* 28

Poke Cut Tuna, Crushed Marcona,
Green River Melon, Garden Mint
Local Radish, Spruce & Lime Cordial

***CHU-TORO TATAKI** *NF, DF* 37

Available in Very Limited Quantity

Quick Seared Barcelona Bluefin Tuna,
Liquid Sourdough Bread Aminos
Piquillo Kosho Condiment



TERRA

Land & Vegetable

MARKET MELON & TOMATO *GF* 12

Green River Melon, Cucumber & Tomatoes,
Whipped Cana De Cabra Goat Cheese,
Pickled Shallots, Roasted Pine Nuts

MUSHROOM & BROCCOLINI *GF, NF* 9

Grilled Local Mushrooms & Broccolini
Lemon-Juniper Butter, Crispy Garlic
Pickled Fresno & Mint

FARMER'S MARKET PISTOU *NF, GF, DF* 19

Grilled Summer Vegetables, Piquillo Peppers,
Charred Corn Mash, Sunflower Seeds, Basil

FUNERAL CROQUETAS *NF* 11

Cheesy Hash Brown Casserole Fritters,
Corn Flake Cereal Crust, Scallion Aioli,
Pickled Fresno

PAPAS BRAVAS *NF, DF* 9

Crunchy Idaho Potatoes, Salsa Bravas,
Confit Garlic Aioli, Smoked Paprika

CRISPY BRUSSELS *DF* 16

Sour Apricot Honey, Iberico Bacon,
Crushed Hazelnuts



MAR

Sea, Lake, & Stream

SHRIMP AL AJILLO *NF, GF* **16**

White Wine, Piment d'Espelette ,
Garlic Herb Butter

***SCALLOP ESCABECHE** *DF* **34**

Maine Scallops, Almond Romesco
Iberico Bacon, Orange Escabeche

YELLOWTAIL CONFIT *NF, GF* **23**

Charred Corn Mash, Chanterelles,
Blistered Cherry Tomatoes
Pickled Shallot, Herbs & Basil Oil

TROUT AVELLANA *GF* **34**

Whistling Springs Rainbow Trout,
Hazelnut Crust, Charred Broccolini,
Smoked Espelette Butter, Mint

OCTOPUS ASADOR *NF* **21**

24 Hour Sous Vide Spanish Octopus,
Yukon Gold Mash, Garlic & Chorizo,



MUNTANYA

Mountain & Prairie

HALF RACK IBERICO RIBS *NF, DF* **27**

Slow Cooked St. Louis Cut Pork Ribs,
Ocho Spice Rub, Sour Apricot Glaze

***IBERICO PORK SECRETO** *NF* **56**

Marinated & Grilled Secreto Loin,
Jamon X.O., Herbal Puree, Crispy Garlic

***CAMPFIRE ELK LOIN** *NF* **49**

Yukon Gold Mash, Iberico Bacon,
Blackberry Demi, Sage Crumb



***22oz CHULETON** *NF, DF, GF* **MP**

Grassfed Bone-in Niman Ranch Ribeye,
Umami Crust, Blistered Shishitos,
Hardwood Charcoal

Additions

1/2 # Alaskan King Crab **MP**

Smoked Espelette Butter **5**

Chanterelle Mushrooms **18**

POSTRES

Desserts & Sweet 10

ASHLEY'S BUTTER CAKE NF

Local Raspberries, Warm Spruce Jelly, Vanilla Whip

DULCE STUFFED CHURROS

Dulce de Leche Caramel, Cinnamon Sugar, Fudge Sauce



LEMON NATILLA NF

Baked Vanilla Custard, Lemon Curd, Absinthe Montecado Cookie

BASQUE BURNT CHEESECAKE NF, GF

Intentionally Burnt & Crustless, Rhu-Berry Conserva

TARTA DE SANTIAGO GF

Flourless Marcona Almond Cake, Lemon Rosemary Coulant

GRANDMA'S BREAD PUDDING

Brioche & Croissants, Candied Pecans, Dark Chocolate, Sun Dried Cherries, Salted Caramel, Vanilla Whip

SORBET & ICE CREAM

By the Scoop 3 (FLAVORS ARE SEASONAL & LIMITED)

SALTED CARAMEL BANANA GELATO

LOCAL RASPBERRY SORBET

SPRUCE TIP SORBET

Our Signature Flavor in Sorbet Form

SPRUCE TIP ICE CREAM

with Utah Honey & Yarrow Caramel Ripple

OF THE MOMENT

Sorbet or Ice Cream Inspired by the Season or Something Wild



DESPUÉS

After Dinner Drinks

ESPRESSO

Espresso Drinks



IDLE HANDS ESPRESSO

Sustainable Fair Trade Locally Roasted Coffee

- 5 ESPRESSO double shot
- 6 MACCHIATO 1:1 parts espresso to milk
- 7 CORTADO 1:2 parts espresso to milk
- 8 FLAT WHITE 1:3 espresso to milk
- 9 LATTE 1:4 espresso to milk
- 6 AMERICANO 1:4 espresso to water
- 9 AFFOGATO A scoop of Banana Gelato with espresso

CÓCTEL

Cocktail

CARAJILLO ESPRESSO MARTINI 19

Alpine Distillery Persistent Vodka, Licor 43, Idle Hands Espresso, Vanilla, Cinnamon

XERÈS

Sherry

PEDRO XIMÉNEZ San Emillio - aged 12 years 15

AMONTILLADO Los Arcos - aged 8 years 10

FINO Tio Pepe - aged 4 years 10

PORTO

Port

RUBY Grahams Six Grapes Reserve -aged 2 years 14

TAWNY 4YR Fonseca - aged 4 Years 18

TAWNY 10YR Dow's - aged 10 years 18

TAWNY 20 YR Taylor Fladgate - aged 20 years 28

WHITE Quevado - aged 2-3 years 8

Our Favorite Artisans & Purveyors

An ever expanding list of the best people & ingredients we can find locally & abroad. With focus on matching our ideals to the cuisine & culture of Utah & Northern Spain

<i>Caputo's Market</i>	<i>Whistling Springs Trout</i>
<i>A' Priori Specialty Foods</i>	<i>Smoking Goose Meatery</i>
<i>Adam's I.G. Mushrooms</i>	<i>Olympia Provisions</i>
<i>Cru Kombucha</i>	<i>Frog Bench Farms</i>
<i>Wasatch Meats</i>	<i>The Kinlands</i>
<i>Cox Clover Honey</i>	<i>Chef's Warehouse</i>
<i>Niman Ranch</i>	<i>Mitica Fine Foods</i>
<i>Sue's Seafood</i>	<i>Park City Creamery</i>
<i>Chef's Garden</i>	<i>Idle Hands Coffee</i>
<i>Mountain Born Creamery</i>	<i>Beehive Cheese</i>
<i>Sunbow UT 47 Beef</i>	<i>SLC Farmers Market</i>
<i>Anson Mills</i>	<i>Redmond Real Salt</i>
<i>Kamas Canyon Meats</i>	<i>Dona Juana Meats</i>
<i>Barnacle Foods</i>	<i>Our Patio Garden</i>
<i>Bangerter Farm</i>	<i>Local Foragers</i>
<i>Week's Berries</i>	<i>Pyne Farm</i>
<i>Western Nut</i>	<i>Smith Orchards</i>
<i>Lavender Hive</i>	<i>Hidden Oak Creamery</i>

PLEASE NOTE

While we take allergens very seriously, we cannot guarantee that all items are completely free from cross contamination. Please alert your server of your allergies & dietary restrictions.

NF = Nut Free DF = Dairy Free GF = Gluten Free

