

MAR | MUNTANYA **Lunch**

NORTHERN SPANISH CUISINE

TAPAS & STARTERS

BLISTERED SHISHITOS *DF, NF* **6**

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

JUMBO SHRIMP CÓCTEL *GF, NF, DF* **21**

Unapologetically Horseradish-Forward
Piquillo Còctel Sauce, Lemon

CUCUMBER GAZPACHO *GF, NF, DF* **13**

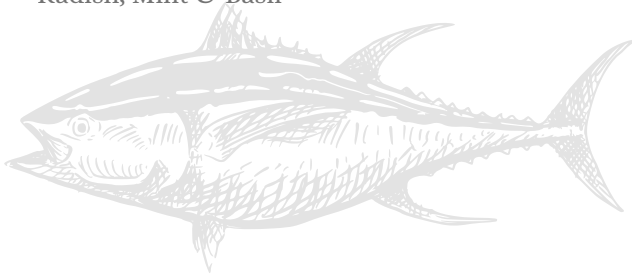
Chilled Charred-Cucumber Broth, Piquillo,
Raspberry, Seasonal Garnishes

PATATAS BRAVAS *NF, DF* **9**

Twice Cooked Idaho Potatoes, Salsa Bravas,
Confit Garlic Aioli, Smoked Paprika

BLUEFIN TUNA CRUDO *GF, NF* **25**

Spring Pea Mash, Herbal Buttermilk Crema,
Radish, Mint & Basil



SIGNATURE SALADS

ALL THE GREEN THINGS *GF, NF* **14**

Frog Bench Greens, Various Beans,
Peas, & Shoots, Sunflower Seeds,
Buttermilk Manchego Dressing

LITTLE GEM GREEN GODDESS *GF, NF* **14**

Chopped Little Gem Lettuce,
Manchego Snow, Brioche Croutons,
Avocado Green Goddess Dressing

ESPETOS (SKEWERS)

Served Individually or as Addition to Salad
or Bandeja Grande

LOCAL PRIME HANGER STEAK **16**

Savora Mustard Crust *GF, DF, NF*

JUMBO SHRIMP AL AJILLO **12**

Garlic Lemon Butter *GF, NF*

ORGANIC CHICKEN BREAST **9**

Herbal Verde Marinade *GF, DF, NF*

SANDWICHES

Served with Local Greens Salad & House Vinaigrette

POLLO VERDE *DF, NF* **18**

Grilled Herb Marinated Chicken
Iberico Bacon, Cristal Bread, Piquillo,
Smashed Avocado, Garlic Aioli

BIKINI GRILLED CHEESE *NF* **17**

Jamon Serrano, Chabrin Cheese,
Sourdough, Membrillo Jam,
Savora Mustard, Juniper Pickles

PRIME STEAK PEPITO *NF* **21**

Shaved Local Beef, Barra Catalana Bread,
Horseradish Mayo, Piquillo Peppers,
Frog Bench Farms Spinach

***MOUNTAIN PATTY MELT** *NF* **21**

Elk, Bison, & Wagyu Burger Blend,
Inside-out Brioche, Beehive Cheese,
Iberico Bacon, Spanish Onion
Confit,
Piquillo Fry Sauce, Juniper Pickles



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

MAR | MUNTANYA **Brunch**

NORTHERN SPANISH CUISINE



SWEET

LEMON SHORT STACK NF **12**

Buttermilk Pancakes, Lemon Curd,
Vanilla Custard, Whipped Cream,
Mantecado Cookie Crumble,
100% Grade A Vermont Maple Syrup

CHURRO FRENCH TOAST NF **11**

Cereal Crusted Brioche,
Cinnamon Sugar, Whipped Cream,
100% Grade A Vermont Maple Syrup

PEARL SUGAR WAFFLES **13**

Spruce Jelly, Whipped Cream,
Raspberries, Crushed Hazelnuts,
100% Grade A Vermont Maple Syrup

SAVORY

Served with Twice Cooked Potatoes & Aioli

***COUNTRY FRIED ELK** NF **21**

Buttermilk Battered Local Elk Loin,
Bilbao Chorizo Country Gravy,
Blistered Shishitos

POLLO FRITO & WAFFLE NF **18**

Pearl Sugar Waffle, Spruce Jelly,
Ocho Spice Fried Chicken, Crispy Sage,
Maple Syrup, Chef's Piquillo Hot Sauce

PRIME STEAK & EGGS GF, NF **25**

Grilled Local Prime Beef, Avocado,
Cage Free Scrambled Eggs, Tomato,
Blistered Shishitos, Salsa Verde

SIDES

CAGE FREE SCRAMBLED EGGS **7**

GRANDE CUT IBERICO BACON **11**

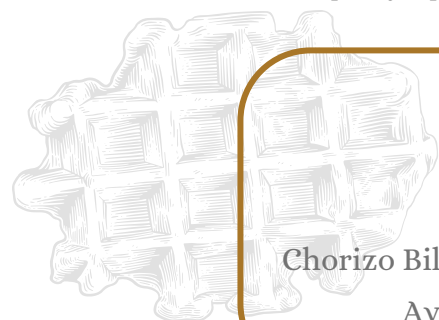
LOCAL PORK BREAKFAST LINKS **7**

SMOKED ELK BREAKFAST LINKS **9**

OUR SOURDOUGH, Seasonal Jelly, Butter **11**

PANCAKES, Butter, Vermont Maple Syrup **9**

LOCAL GREENS SALAD, House Vinaigrette **6**



BANDEJA GRANDE

50

A Sharable Platter - If You Want To...

Chorizo Bilbao, Smoked Iberico Chicharrón, Saffron Bomba Rice, Catalan White Beans, Crunchy Potato,
Avocado, Heirloom Tomato, Fried Plantain, Our Sourdough, Cage Free Scrambled Eggs



Please Note: We are unable to split checks evenly more than 6 ways.

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

Parties of six or more will have a 20% service charge added.

MAR | MUNTANYA

Morning Beverages

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MAR | MUNTANYA **Morning Beverages**

NORTHERN SPANISH CUISINE

BRUNCH CÒCTELS

CHEF'S HOUSE GIN TONIC 16

Temple Of The Moon Gin

Choose Your Tonic

House Made Spruce Tip or Seasonal Tonic

BLOODY MARY 17

House Mary Mix, Alpine Persistent Vodka, Spanish Olives, Lemon

CARAJILLO ESPRESSO MAR-TINI 21

Persistent Vodka, Licor 43,

Idle Hands Espresso, Spiced Maple Tea 

MIMOSA CAVA 15

Miquel Pons Cava Brut

Choose Your Juice

Orange, Grapefruit, or Passionfruit

MAR-75 18

Gunpowder Irish Gin, Miquel Pons Brut, Campari, Grapefruit, Rosemary, Lemongrass Hydrosol

SPICY OCHO MAR-GARITA 22

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

CUSTOM SANGRIAS 19

Choose Your Wine, & Choose Your Tonic

Each Combination Offers a Unique Profile, Inviting You to Explore More Than One...

Paired With Waterpocket Fruita Liqueur, & Seasonal Fruit

Wine

CAVA

Sparkling

BLANCO

White

ROJO

Red

Tonics

SPRUCE

Spruce Tips, Yuzu

GRAPEFRUIT

Charred Grapefruit, Rosemary

SEASONAL

Something Local or Wild



"A Celebration of Spain In Every Glass"

LOCAL CERVESA

ABV

PORCUPINE PILSNER 8 | 4%

Moab Brewery | Moab, UT

HEFEWEIZEN 8 | 4%

Squatters Pub Brewery | SLC, UT

JUICY IPA 8 | 4%

Squatters Pub Brewery | SLC, UT

DEUCE COUPE RED LAGER 8 | 4%

Salt Flats Brewing | SLC, UT



BOUJEE BUBBLE MIMOSA BAR 85

A Bottle of Miquel Pons Cava for The Table

Served with Fresh Orange & Grapefruit Juices, Various Fruit Purees, & Fresh Fruit for Garnish