

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.

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

[@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 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.***

PINTXOS

Simply Prepared Bites & Snacks

CHARRED SHISHITOS	<i>NF, DF</i>	4
Often Mild, Sometimes Spicy Peppers, Ocho Spice Aioli, Lemon Zest		
SHRIMP SKEWER	<i>NF, GF</i>	7
Char-Grilled Gulf Shrimp, Juniper-Lemon Butter		
MARINATED OLIVES	<i>NF, GF, DF</i>	11
Rosemary & Orange Marinated Olives, Smoked Olive Oil, Ocho Spice		

TOSTAS

Tartine Style Open Faced Toasts

ELK TARTARE	<i>NF</i>	28
Diced Local Elk, Crunchy Brioche, Caper & Olive Dressing, Manchego		
SMOKED TOMATO	<i>NF, DF</i>	8
“ <i>Pan con Tomate</i> ” Crushed Heirloom Tomato, Garlic Confit, Cristal Bread, Smoked Olive Oil		
Additions		
14 Month Aged Manchego 3		
Jamon Serrano 9		
HEIRLOOM SQUASH	<i>NF</i>	16
Whipped Caña de Cabra, Sourdough, Caramelized Spanish Onion, Roasted Pepitas		

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	
SOURDOUGH STARTER	10
a jar of our 150-year-old hybrid yeast strain & Chef’s double loaf sourdough recipe	

TERRA

Land & Vegetable

FUNERAL CROQUETAS	<i>NF</i>	11
Cheesy Hash Brown Casserole Fritters, Corn Flake Crust, Scallion Aioli, Pickled Fresno		
PATATAS BRAVAS	<i>NF, DF</i>	9
Idaho Potatoes, Salsa Bravas, Confit Garlic Aioli, Smoked Paprika		
CRISPY BRUSSELS	<i>DF</i>	16
Sour Pomegranate Honey, Iberico Bacon, Crushed Hazelnuts		
HEIRLOOM BEET CARPACCIO	<i>GF</i>	12
Whipped Caña de Cabra Goat Cheese, Crushed Candied Pecans, Spruce Tip Vinaigrette		

CRUDO

Raw & Chilled

M/M OYSTERS	<i>NF, GF, DF</i>	5 ea
West Coast Oysters, Local Elk Tartare, Spruce & Juniper Mignonette, Piquillo Còctel Sauce		
order 3/6/9/12		
BLUEFIN & RED WINTER FRUIT	<i>GF, DF</i>	28
Barcelona Bluefin Sashimi, Blood Orange, <i>Pomegranate, Salted Cranberry Boshi</i> Smoked Pistachio Condiment, Mint		
ALMOND CRACKER CHU-TORO	<i>DF</i>	37
Cracker Crusted Barcelona Bluefin Tuna, Double Scallion Aioli, Piquillo Kosho		
Available in Very Limited Quantity		

EMBUTIDOS

Sausage Links of Northern Spain

CHORIZO BILBAO	<i>NF, GF</i>	8
Basque Style Pork Chorizo, House Made Savora Mustard		
MORCILLA CATALANA		6
Pork & Rice Black Sausage Green Apple Condiment, Crushed Marcona		
TXISTORRA NAVARRE	<i>NF</i>	12
Pamplona Style Pork Chorizo, Sour Pomegranate Glaze		

MAR

Sea, Lake, & Stream

SHRIMP AL AJILLO	<i>NF, GF</i>	16
White Wine, Garlic Butter, Piment d’Espelette		
SCALLOP ESCABECHE	<i>DF</i>	34
Maine Scallops, Almond Romesco Iberico Bacon, Orange Escabeche		
TROUT AVELLANA	<i>GF</i>	34
<i>Whistling Springs</i> Rainbow Trout, Hazelnut Crust, Wilted Baby Kale & Mint Smoked Espelette Butter		
OCTOPUS ASADOR	<i>NF</i>	21
24 Hour Slow Cooked Spanish Octopus, Yukon Gold Mash, Garlic & Chorizo		

MUNTANYA

Mountain & Prairie

CAMPFIRE ELK LOIN	<i>NF</i>	49
Juniper Crusted Local Elk, Yukon Mash, Iberico Bacon, Blackberry Demi, Sage Crumb		
HALF RACK IBERICO RIBS	<i>NF, DF</i>	27
Slow Cooked St. Louis Cut Pork Ribs, Ocho Spice Rub, Sour Pomegranate Glaze		
LOCAL PRIME BEEF HANGER		52
Grilled UT 47 Prime Beef, Yukon Mash, Fire Roasted Piquillo “Al Ajillo”		