

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 NF, DF

4

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

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

TOSTAS

Tartine Style Open Faced Toasts

ELK TARTARE NF

28

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

SMOKED 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**

HEIRLOOM SQUASH NF

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 NF

11

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

PATATAS BRAVAS NF, DF

9

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

CRISPY BRUSSELS DF

16

Sour Pomegranate Honey, Iberico Bacon,
Crushed Hazelnuts

HEIRLOOM BEET CARPACCIO GF

12

Whipped Caña de Cabra Goat Cheese,
Crushed Candied Pecans, Spruce Tip Vinaigrette

CRUDO

Raw & Chilled

M/M OYSTERS NF, GF, DF

5 ea

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

order 3/6/9/12

BLUEFIN & RED WINTER FRUIT GF, DF

28

Barcelona Bluefin Sashimi, Blood Orange,
Pomegranate, Salted Cranberry Boshi
Smoked Pistachio Condiment, Mint

ALMOND CRACKER CHU-TORO DF

37

Cracker Crusted Barcelona Bluefin Tuna,
Double Scallion Aioli, Piquillo Kosho

Available in Very Limited Quantity

EMBUTIDOS

Sausage Links of Northern Spain

CHORIZO BILBAO NF, GF

8

Basque Style Pork Chorizo,
House Made Savora Mustard

MORCILLA CATALANA

6

Pork & Rice Black Sausage
Green Apple Condiment, Crushed Marcona

TXISTORRA NAVARRE NF

12

Pamplona Style Pork Chorizo,
Sour Pomegranate Glaze

MAR

Sea, Lake, & Stream

SHRIMP AL AJILLO NF, GF

16

White Wine, Garlic Butter, Piment d'Espelette

SCALLOP ESCABECHE DF

34

Maine Scallops, Almond Romesco
Iberico Bacon, Orange Escabeche

TROUT AVELLANA GF

34

Whistling Springs Rainbow Trout,
Hazelnut Crust, Wilted Baby Kale & Mint
Smoked Espelette Butter

OCTOPUS ASADOR NF

21

24 Hour Slow Cooked Spanish Octopus,
Yukon Gold Mash, Garlic & Chorizo

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

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”