

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 Còctel Sauce, Spruce & Juniper Mignonette

order 3/6/9/12
- *TUNA MELON

GF, DF

25

Poke Cut Bluefin Tuna Akami, Local Melon, Radish, Marcona Almond, Mint, Spruce Lime Cordial
- *NEGI-TORO PAELLA BITES

NF

31

Barcelona Bluefin Tuna Chùtoro Belly, Scallion, Crispy Paella Socarrat, Sèsame, Pickled Guindilla

SOURDOUGH

Made by Hand in House

- M/M BREAD & BUTTER

11

Baylee’s 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

TOSTAS

Tartine Style Open Faced Toasts

- SUMMER CORN

NF, DF

9

Sweet Corn Puree, Herb Grilled Sourdough, Charred Corn & Summer Mushroom Escabeche
- 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
- *TUNA AVOCADO

NF, DF

15

Grilled Sourdough, Bluefin Tuna Akami, Avocado, Radish, Cucumber, Ocho Mayo
- *ELK TARTARE

NF

18

Diced Local Elk, Crunchy Local Brioche, Capér & Olive Dressing, Aged Manchego

MAR

Sea, Lake, & Stream

- SHRIMP al AJILLO

NF, GF

15

White Wine, Garlic Butter, Piment d’Espelette
- *TUNA a la BRASA

NF, GF, DF

75

Barcelona Bluefin Tuna Chùtoro Akami Loin, Umami Crust, Grilled Scallion, Avocado Salsa Verde
- OCTOPUS ASADOR

NF

15

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

34

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

PINTXOS

Simply Prepared Bites & Snacks

- CHARRED SHISHITOS

NF, GF, DF

6

Often Mild, Sometimes Spicy Peppers, Ocho Spice Aioli, Lemon
- MARINATED OLIVES

NF, GF, DF

8

Orange, Rosemary, Mixed Olives, Ocho Spice
- LITTLE GEM HEART

NF, GF, DF

5

Avocado Salsa Verde, Sunflower Seeds
- CUCUMBER GAZPACHO

NF, GF, DF

5

Charred Cucumber, Seasonal Garnishes

EMBUTIDOS

Sausage Links of Northern Spain

- EMBUTIDO PARTY

45

2 of Each Link - Plattered with Various Garnishes
- CHORIZO BILBAO

NF, GF

8

Basque Style Pork Chorizo, Savora Mustard
- TXISTORRA NAVARRE

NF

10

Pamplona Style Pork Chorizo, Sour Apricot Glaze
- MORCILLA CATALANA

NF

8

Pork Black Sausage, Mash, Bacon, Blackberry, Sage

TERRA

Land & Vegetable

- FUNERAL CROQUETAS

NF

12

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

NF, DF

9

Twice Cooked Idaho Potatoes, Salsa Bravas, Confit Garlic Aioli, Smoked Paprika
- CRISPY BRUSSELS SPROUTS

DF

16

Sour Apricot Honey, Iberico Bacon, Crushed Hazelnuts
- TOMATO MELON SALPICÓN

GF, DF

14

Cucumber, Green Beans, Jamon Serrano, Marcona Almonds, Thai Chile, Aliño Agridulce
- FARMER’S MARKET PISTO

NF, GF, DF

19

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

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 Niman Pork Ribs, Ocho Spice Rub, Sour Apricot Glaze
- *LOCAL PRIME BEEF HANGER

NF, GF

52

Grilled UT 47 Prime Beef, Yukon Mash
Fire Roasted Piquillo “al Ajillo”
- *PASTURE RAISED PORK

NF, GF, DF

39

Parilla-Grilled Olympia Provisions Pork Chop, Cebolla Asada, Charred Corn & Mushroom Escabeche