

Thank you for joining us at Mar | Muntanya!

We invite you to experience our interpretation of the cuisine & culture of northern Spain. We draw inspiration from the coastal & mountainous regions of Catalonia & the Basque Country. As is common there, we also link the sea to the mountains. Our Utah traditions of preservation & homesteading along the Great Salt Lake Valley & Rocky Mountains parallel the shepherding communities & rich heritage from these regions.

Mar | Muntanya's menu utilizes the bounty provided by local farmers, growers & artisans, paired with regional dishes, cultural inspirations & ingredients sourced directly from Spain.

The Basque Country & Catalonia each have their own style, lively culture & language. They commonly dine, "Tapas Style." A little here, a little there, a little more. We focus on small plates with the intention of sharing. A bite just for you, or a few bites for us. We recommend diners choose two to three dishes to begin & allow our exceptional team to guide you through your meal.

Bon profit!

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.

GF = Gluten Free

DF = Dairy Free

NF = Nut Free

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

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





Xips & Dip <small>NF, GF</small> Olive Oil Kettle Chips, Spanish Onion Dip, Salt & Vinegar	8
Blistered Shishito Peppers <small>NF, DF</small> Garlic Aioli, Ocho Spice	7
M M Shepherd's Bread <small>NF</small> Housemade Sourdough, Cultured Butter, Spruce Jelly	7
Papas Bravas <small>NF, DF</small> Fingerling Potatoes, Garlic Aioli, Salsa Bravas	8
Tomato Conserva Toast <small>NF, DF</small> Our Sourdough, Confit Garlic Spread, Chilled Heirloom Tomato Jam	6
<i>Additional Garnishes</i>	
- 14 Month Manchego Cheese 5	
- Acorn Fed Iberico Jamon 13	
- Boquerones White Anchovies 3	
Sherry Glazed Mushrooms <small>NF, GF</small> PX Sherry, Shallot, Tarragon Butter	9
Grilled Artichoke <small>NF</small> Chorizo Migas, Chabrin Cheese, Lemon	12
Crispy Brussels Sprouts <small>DF</small> Iberico Bacon, Hazelnut, Pomegranate Honey	9
Heirloom Beet Salad <small>GF</small> Sherry Roasted Beets, Green Apple, Yogurt, Spinach, Crushed Hazelnuts, Fig Vinegar	10
Funeral Croquettes <small>NF</small> Cheesy Hash-Brown Casserole Fritters, Scallion Aioli, Pickled Fresno	9



- *M|M Oysters** | NE, DF, GF | West Coast Oysters, Niman Ranch Beef Tartare,
Spruce Mignonette, Piquillo Còctel Sauce
- 3 of a Kind | **17**
- Half Dozen | **32**
- *Scallop Escabeche** | DF, GF | Almond Romesco, Fennel & Orange Escabeche,
House Smoked Iberico Bacon **9**
- Jamon Wrapped King Crab** | NF, DF, GF | Merus Section Crab, Serrano Jamon,
Apple Mustard Mignonette **26**
- *Uni Toast** | NF | Sea Urchin Roe, Smoked Espelette Butter,
Local Brioche, Pickled Fresno **22**
- Shrimp al Ajillo** | NF, GF | White Wine, Garlic Herb Butter, Espelette **16**
- Grilled Octopus** | NF, GF | Potato Puree, Chorizo, Garlic, Lemon **18**
- Seared Tuna Crudo** | NF, DF, GF | Cherry Belle Radish, Scallion Aioli,
Ocho Spice **29**
- *Steelhead Trout** | DF | Hazelnut Crust, Grandma's Mustard Pickles **27**
- Slow-Cooked Seabass** | Sweet Potato Puree, Piquillo Sauce, Olive,
Brown Butter & Almond Crumb **31**



Grilled Bilbao Sausage | DF, GF | Bilbao Chorizo, Savora Mustard **8**

***Elk Carpaccio Toast** | NF | Our Sourdough, Rosemary Cream **18**
Forest Mushroom, Manchego

***Pastured Beef Tartare** | NF | Niman Ranch Beef, Olive Caper Dressing, **18**
Local Brioche, Manchego

Charcuterie & Cheese | Chef's Selection of Local & Spanish Delicacies
Served with Various Accoutrements

3 Board | 2 Meats, 1 Cheese | **18**

5 Board | 3 Meats, 2 Cheeses | **30**

Full Board | 5 Meats, 5 Cheeses | **MP**

Lacquered Iberico Belly | NF, DF, GF | Basque Cider Glaze, Mustard Shallot Jam **15**

***Basque Style Chuletón** | NF, DF, GF | Grass-fed Local Ribeye, Sea Salt & Fire **31**

***Campfire Elk Loin** | NF | Potato Puree, House Smoked Iberico Bacon, **39**
Blackberry Jus, Sage Crumb



Mar i Muntanya

Sea & Mountain

Duo Protein Share Plates

- *Alaskan King Crab & Niman Beef Filet** | NE, DF, GF | Red Chimichrri **58**
- *Maine Scallop & Iberico Pork Loin** | NE, GF | Smoked Espelette Butter **33**
- *Spanish Octopus & Wasatch Elk Loin** | NE, DF, GF | Salsa Moruno **49**

M | M Paella
Serves 4-6 | NE, GF / **50**

Mixta-style Paella, Saffron Bomba Rice, Bilbao Chorizo,
 Gulf Shrimp, Maine Mussels, Confit Chicken Thigh,
 Piquillo Peppers, Lemon, Peas

Additional Garnishes
 Smoked Unagi Eel | **15**
 *Uni Sea Urchin | **MP**



Roast Beast Feast

Our Roast Beast Feasts are Served with a Sauce Flight & Blistered Shishito Peppers

***A5 Wagyu Bone-In Ribeye Tomahawk | MP**

Serves 6 - 10 people tapas style | NE, GF |

Please Allow at Least 1 Hour of Cook Time for Medium Rare

"Cochinillo"

Slow-Roasted Whole Suckling Iberico Pig | MP

Serves 8 - 12 people tapas style | NE, DF, GF |

24 Hour Notice Required



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

Caputo's Market

A' Priori Specialty Foods

Intermountain Gourmet Mushrooms

Wasatch Meats

Niman Ranch

Chef's Garden

Anson Mills

Smoking Goose Meatery

Olympia Provisions

Frog Bench Farms

Chef's Warehouse

Mitica Fine Foods

Park City Creamery

Ritual Chocolate

Leatherby's Family Creamery

Idle Hands Coffee

Beehive Cheese

Creminelli Brothers

More to come...