

Thank you for joining us at Mar | Muntanya where we invite you to a dining experience with inspiration drawn from the coastal and mountainous regions of Catalonia and the Basque Country of Northern Spain. Our local Salt Lake traditions of preservation and homesteading along the Great Salt Lake Valley and Rocky Mountains parallel the shepherding communities from this region. Mar | Muntanya's menu utilizes the local bounty provided by farmers, growers and artisans, paired with regional dishes, cultural inspirations and ingredients sourced directly from Spain.

The Basque Country & Catalonia each have their own style, culture and language. Tapas style dining focuses on small plates with the intention of sharing, we recommend diners choose two to three dishes to begin and 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.



Mar | Sea

*M | M Oysters | GF, DF, NF |

West Coast Oysters, Beef Tartare,
Spruce Mignonette, Còctel Sauce

3 of a Kind | 17

Half Dozen | 32

Shrimp Còctel | GF, DF, NF | 15

Avocado, Còctel Sauce

*Tuna Crudo | GF, DF, NF | 16

Fennel & Orange Escabeche,
Olive, Pickled Fresno

Shrimp & Grits | GF, NF | 17

Paella Broth Grits, White Wine,
Garlic Butter, Manchego

Grilled Octopus Salad | GF, NF | 12

Shaved Fennel, Sliced Citrus,
Piquillo Peppers, Red Onion,
Cucumber, Lime & Herbs

Terra | Land

Tomato Conserva Toast | DF, NF | 6

Chilled Heirloom Tomato Jam,
Garlic Confit

Additions

- 14 Month Manchego | 5

- Jamon Iberico | 13

- Sous-vide Egg | 3

Shishito Peppers | DF, NF | 7

Garlic Aioli, Ocho Spice

Papas Bravas | DF, NF | 8

Fingerling Potato, Garlic Aioli,
Salsa Bravas

Crispy Brussels Sprouts | DF | 9

Pomegranate Honey, Iberico Bacon,
Crushed Hazelnuts

Heirloom Beet Salad | GF | 10

Sherry Roasted Beets, Green Apple,
Yogurt, Spinach, Fig Vinegar,
Crushed Hazelnut

Muntanya | Mountain

Pollo Frito & Waffle | NF | 15

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

Jamon Grilled Cheese | NF | 13

Our Sourdough, Jamon Serrano,
Chabrin Cheese, Quince Jam,
Savora Mustard

Bilbao Chorizo Bocadillo | NF | 10

Grilled Chorizo Sausage,
Potato Roll, Savora Mustard
Spanish Onion Jam

Mountain Patty Melt | NF | 19

Elk, Bison, & Wagyu Blend,
Our Sourdough, Chabrin Cheese,
Iberico Bacon, Almost Fry Sauce

Pollo Frito Sandwich | NF | 14

Ocho Spice Fried Chicken, Potato Roll,
Chef's Piquillo Hot Sauce, Garlic Aioli,
Juniper Pickles