

# The Three chefs





**Chefs. Surfers. Friends.** Travis Morrin, Cody Christopher, and Jaron Blosser discovered they share a fanatic enthusiasm for surf while working together at a top local restaurant six years ago. While surfing together around Maui they dreamt up

the idea to start their own catering business using their regarded culinary school training and experience so they could surf whenever they wanted. Three's Catering was launched in 2009 using a rented warehouse and their old trucks. In a few short months, their unexpected success had them looking for permanent kitchen space, and they opened a restaurant in the current Three's Bar & Grill location in Kihei's Kalama Village where their menu has evolved incorporating the three chefs' three cuisines—Hawaiian, Southwestern and Pacific Rim. Three's is all about great food with locally sourced ingredients, creating memories, and the casual island lifestyle that these friends enjoy everyday.

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*Three's dinner*

# appetizers

 **kalua pork quesadilla** 13.50/6.95 half order  
homemade guava chipotle barbecue sauce, peanut ginger slaw, cilantro lime aioli, spiced maui gold pineapple chutney


**crab cakes** 15.95/5.95 one crab cake  
tropical fruit relish, thai curry butter sauce, asian peanut slaw

**peruvian pork or fish tacos** pork 5.95/fish 6.95  
tropical fruit, black bean and corn salsa, spicy sriracha aioli, sour cream, lettuce, peruvian anticucho sauce served with homemade blue cheese dressing

**coconut crusted shrimp** 13.50  
asian peanut slaw, chipotle fruit relish

# salads

**ocean salad** 9.95  
haiku organic mixed greens, local baby heirloom tomatoes, carrots, spanish onions, zucchini, liliko'i vinaigrette topped with feta cheese and hawaiian ogo  
**add mahi mahi** 8.95

 **tropical salad** 9.95  
haiku organic mixed greens, local mango, maui gold pineapple, avocado, baby heirloom tomatoes, cilantro smoked chili vinaigrette, li hing mui candied macadamia nuts  
**add four coconut shrimp** 6.95

**three's caesar** 8.95  
hearts of romaine, garlic herb croutons, shaved parmesan  
**add grilled chicken breast** 5.95

# sandwiches

burgers & sandwiches come with regular french fries and a house made kim chee pickle

**coconut crusted fish sandwich** 14.95  
peanut ginger slaw, grilled maui gold pineapple, cilantro lime aioli, brioche bun, organic greens, tomato and onion

**kalua pork sandwich** 13.95  
peanut ginger slaw, grilled maui gold pineapple, slow cooked pork shoulder, guava chipotle barbecue sauce, brioche bun, organic greens, onion and tomato

**macadamia nut chicken sandwich** 14.95  
local macadamia nut crust, cilantro lime aioli, kim chee slaw, brioche bun, organic greens, tomato and onion


**sweet & spicy lettuce wraps** 12.50  
hoison ground turkey, haiku tomatoes, romaine lettuce, fresh herbs, thai chili kaffir lime sauce

 **kalua pork nachos** 14.50/7.50 half order  
house made trio of chips, tomato, thai basil guacamole, pepperjack, truffle-lime aioli

**panko crusted ahi roll** 15.50  
avocado, cucumber, thai beurre blanc, unagi glaze, tobiko, sesame seeds

**three's wings** 4 for 6.95/ 8 for 11.95/ 12 for 15.50  
homemade mango habanero or honey chipotle


**appetizer sampler** 19.95  
half order of kalua pork quesadilla, 3 coconut shrimp and 2 crab cakes

 **mediterranean whole wheat flat bread salad** 13.95  
grilled flat bread, house made hummus, hearts of romaine, tomatoes, kalamata olives, spanish onions, cucumbers, greek dressing, feta cheese

**add grilled chicken breast** 5.95


**upcountry kale salad** 9.95  
local kale, baby heirloom tomatoes, spanish onions, ginger miso dressing, gorgonzola cheese, shaved local beets, daikon sprouts, li hing mui candied maui macadamia nuts  
**add steak** 7.95 | **add local fresh ahi** 15.95

**french dip** 15.95  
prime rib on a toasted french baguette with balsamic sesame caramelized onion, lahaina town brown ale jus

 **big island natural beef burger** 14.95  
big island 8oz char grilled beef patty, organic greens, tomato, onion, hand-cut fries, housemade kim chee pickle  
**add on cheeses** 1.00 ea  
cheddar, pepperjack, swiss, or blue cheese

**add-on fixings** 1.25 ea  
bacon, sautéed mushrooms, thai basil guacamole, char grilled pineapple or jalapeños

# entrées

 **three's traditional ramen** 16.00  
locally made iwamoto family noodles, soy pork dashi broth, six-minute egg, kim chee shiitake mushrooms, smoked pork shoulder, braised local kale, nori, green onions

**garlic wok fried dry mein** 15.00  
sesame garlic fried iwamoto family noodles, soy mirin glazed pork shoulder, six-minute egg, local kale, kim chee shiitake mushrooms, green onions, bonito

**fish and chips** 15.95  
beer battered mahi mahi, homemade tartar sauce, peanut ginger slaw, french fries, lemon

 **fresh island mahi mahi** 29.95  
lemon grass ginger marinade, cucumber and macadamia nut relish, japanese sticky rice, curry beurre blanc, local sugar snap peas

**three's poke bowl** 27.95  
fresh local ahi shoyu style poke, avocado, japanese sushi rice, daikon, carrots, seaweed salad, togarashi

**stir fry** chicken 16.95 | shrimp 19.95  
fresh maui vegetables sautéed in a sweet chili teriyaki sauce, japanese sticky rice, furikake and macadamia nuts with your choice of chicken or shrimp

# raw bar

all of our fish is fresh and flown in daily


**sushi rolls/hand rolls**  
kappa maki 8.00/6.00  
tekka maki 9.00/7.00  
spicy salmon roll 9.00/7.00  
california roll 9.00/7.00  
spicy tuna roll 9.00/7.00  
salmon avocado roll 9.00/7.00  
spicy hamachi roll 10.00/8.00  
veggie roll 8.00/6.00

**sashimi**  
sake/salmon 11.00  
big eye local ahi 12.00  
hamachi 13.50  
tamago/sweet egg 6.00  
ebi/shrimp 8.00  
**nigiri**  
sake/salmon 8.00  
local big eye ahi 8.00  
hamachi 9.00  
unagi 7.50  
ebi/shrimp 6.00  
tamago/sweet egg 5.00

**oysters**  
fresh shucked to order, served with home made cocktail sauce and lemon, served on ice  
**penn Cove** 2.50 ea (washington state)  
medium in size and briny  
**kumomono** 3.00 ea (washington state)  
small in size and buttery  
**local ahi poke**  
shoyu poke 15.00  
wasabi poke 15.00

**specialty items**  
**ahi carpaccio** 14.00  
local big eye ahi, daikon, carrot, cilantro, jalapeño, citrus ponzu, li hing mui macadamia nuts  
**chirashi bowl** 26.00  
assortment of fresh sashimi over sushi rice  
**sashimi sampler** 24.00  
chefs assortment of fresh sashimi  
**nigiri sampler** 29.00  
sampler of ahi, salmon, hamachi, unagi, tamago and ebi nigiri

## specialty rolls

 **green dragon** 15.50  
unagi, snow crab, cucumber, avocado, unagi glaze, sweet chili, tobiko  
**spider roll** 13.50  
soft shell crab, snow crab, avocado, and daikon sprouts, unagi glaze, thai sweet chili


**rainbow roll** 15.50  
california roll topped with salmon, hamachi, ahi avocado and masago

**the double rainbow** 20.00  
california roll topped with salmon, ahi, hamachi, ebi, unagi, avocado and tobiko

**shrimp tempura roll** 12.00  
shrimp tempura, chopped ebi, cucumber, avocado, daikon sprouts, soy glaze

**mango crab salad roll** 12.50  
snow crab, local mango, organic haiku greens, sweet chili thai basil sauce

**great white roll** 15.50  
unagi, cucumber, snow crab, topped with unagi, avocado, unagi glaze, tobiko

 **volcano roll** 15.50  
california roll topped with ahi, salmon, jalapeño and sriracha aioli

 **sunset roll** 15.00  
spicy tuna roll topped with avocado, salmon, spicy aioli, beets, negi, sesame seed, tobiko

**69 roll** 15.00  
california roll topped with unagi, unagi glaze, sesame seeds and black tobiko

ask your server about our must have signature chocolate molten lava cake

