

appetizers

kalua pork quesadilla

13.50/7.50 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 taco

pork 5.95/fish 6.95

tropical fruit, black bean and corn salsa, spicy sriracha aioli, sour cream, lettuce, peruvian anticucho sauce

coconut crusted shrimp 13.50

asian peanut slaw, chipotle fruit relish

hurricane fries 7.95

french fries tossed in furikake, topped with sriracha aioli and mochi crunch

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, jalapeños, 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 served with homemade blue cheese dressing

appetizer sampler 19.95

half order of kalua pork quesadilla, 3 coconut shrimp and 2 crab cakes

salads

ocean salad 10.50

haiku organic mixed greens, local baby heirloom tomatoes, carrots, spanish onions, zucchini, lilikoi vinaigrette topped with feta cheese and hawaiian ogo

add mahi mahi 8.95

tropical salad 10.50

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 7.50

three's caesar 9.50

hearts of romaine, garlic herb croutons, shaved parmesan

add grilled chicken breast 6.50

mediterranean whole wheat flat bread salad 13.95

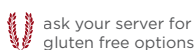
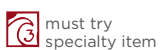
grilled flat bread, house made hummus, hearts of romaine, baby heirloom tomatoes, kalamata olives, spanish onions, cucumbers, greek dressing, feta cheese

add grilled chicken breast 6.50

upcountry kale salad 10.50

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 8.50 | add local fresh ahi 15.95




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 14.50
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

 **hawaiian ranchers beef french dip 17.95**
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, sauteéd mushrooms, thai basil guacamole, char grilled pineapple or jalapeños

entrées

 **three's traditional ramen 16.50**
locally made iwamoto family noodles, soy pork dashi broth, six-minute egg, kim chee shiitake mushrooms, crispy braised pork belly, braised local kale, nori, green onions

garlic wok fried dry mein 15.50
sesame garlic fried iwamoto family noodles, crispy braised pork belly, six-minute egg, local kale, kim chee shiitake mushrooms, green onions, bonito

fish and chips 17.95
beer battered mahi mahi, homemade tartar sauce, peanut ginger slaw, french fries, lemon

lemongrass and ginger mahi mahi 30.50
lemongrass ginger marinade, cucumber and macadamia nut relish, japanese sticky rice, curry buerre blanc, local sugar snap peas


three's poke bowl 28.95
fresh local ahi shoyu style poke, avocado, japanese sushi rice, daikon, carrots, seaweed salad, togarashi

stir fry chicken 17.95 | shrimp 20.95
fresh maui vegetables sautéed in a sweet chili teriyaki sauce, japanese sticky rice, furikake and macadamia nuts with your choice of chicken or shrimp

macadamia nut crusted chicken breast 24.50
molokai purple sweet potatoes, sugar snap peas, curry buerre blanc, kim chee slaw

 **hawaiian style ribs 25.95**
three's dry rub, guava chipotle barbecue sauce, rustic mashed potatoes, asian peanut slaw

flat iron steak 24.95
iwamoto family ramen noodles, truffle-yaki marinated flat iron steak, sautéed local kale, oyster mushrooms, baby heirloom tomatoes, garlic, balsamic sesame caramelized onion, house pepper blend

 **hawaiian ranchers 12 oz prime rib 29.95**
garlic and whole grain mustard rub, rustic russet mash, lahaina town brown ale jus, horseradish crème, sautéed local kale and oyster mushrooms (limited availability)

three's surf and turf 29.95
flat iron steak with cabernet demi-glace, macadamia nut crusted chicken breast with curry buerre blanc and kim chee slaw, coconut crusted shrimp with spiced maui gold pineapple chutney, molokai purple sweet potato mash



all of our fish is fresh and flown in daily

sushi rolls/hand rolls

- kappa maki 6.50/5.50
- tekka maki 7.50/6.50
- sake maki 7.50/6.50
- spicy salmon roll 9.50/7.50
- california roll 9.50/7.50
- spicy tuna roll 9.50/7.50
- salmon avocado roll 9.50/7.50
- spicy hamachi roll 9.50/7.50
- veggie roll 8.50/6.50
- negi hama roll 9.50/7.50
- avo roll 6.50/4.50
- unagi avo 9.50/7.50
- unagi cucumber 9.50/7.50
- hamachi jalapeño roll 9.50/7.50
- salmon skin roll 6.50/4.50
- philly roll 9.50

nigiri/sashimi

- sake/salmon 7.00/11.00
- big eye local ahi 7.50/12.00
- hamachi 8.00/13.50
- tamago/sweet egg 5.00/6.00
- ebi/kauai shrimp 6.00/8.00
- scallop/hotate 9.50/13.50
- uni/sea urchin 12.00/12.00
- tako/octopus 9.00/13.00
- unagi/fresh water eel 6.50/9.00

oysters

fresh shucked to order, served with home made cocktail sauce and lemon, served on ice

- penncove 2.50 ea**
(washington state)
medium in size and briny
- kumamoto 3.00 ea**
(washington state)
small in size and buttery






poke

- shoyu poke 15.00
- wasabi poke 15.00
- tako kim chee poke 16.00

specialty items

- edemame 4.00**
- ahi carpaccio 12.50**
local big eye ahi, daikon, carrot, cilantro, jalapeño, citrus ponzu, li hing mui macadamia nuts
- chirashi bowl 26.50**
assortment of fresh sashimi over sushi rice
- sashimi sampler 26.95**
chefs assortment of fresh sashimi
- nigiri sampler 32.95**
chef's choice 12 piece sampler
-  **hot oil sashimi 13.50**
chef's choice sashimi lightly seared with hot sesame oil, ponzu, scallion, sriracha, ginger

specialty rolls

-  **green dragon 15.95**
unagi, snow crab, cucumber, avocado, unagi glaze, sweet chili, tobiko
- spider roll 14.95**
soft shell crab, snow crab, avocado, and daikon sprouts, unagi glaze, thai sweet chili
- rainbow roll 16.95**
california roll topped with salmon, hamachi, ahi avocado and masago
- shrimp tempura roll 11.95**
shrimp tempura, chopped ebi, cucumber, avocado, daikon sprouts, soy glaze
- mango crab salad roll 11.95**
snow crab, local mango, organic haiku greens, sweet chili thai basil sauce
-  **volcano roll 15.95**
california roll topped with ahi, salmon, jalapeño and sriracha aioli
- sunset roll 16.95**
spicy tuna roll topped with avocado, salmon, spicy aioli, beets, negi, sesame seed, tobiko
-  **69 roll 16.95**
california roll topped with unagi, unagi glaze, sesame seeds and black tobiko
- ahi garden roll 11.95**
ahi, carrots, avocado, daikon sprouts, with sea greens salad and miso ginger dressing
-  **rock 'n roll 19.95**
unagi, cucumber, avocado, topped with ahi, spicy aioli, unagi glaze, negi, black tobiko
- lava roll 12.95**
the spiciest spicy tuna roll ever
- purple haze roll 11.95**
tempura molokai purple sweet potato, avocado, cucumber, kaiware sprouts
-  **surfer roll 12.50**
cucumber on the outside with no rice, salmon, crab, avocado, kaiware, namasu sauce
- paradise roll 12.95**
ahi, hamachi, salmon, daikon sprouts, cucumber and shiso leaf
- godzilla roll 13.50**
hamachi belly, crab and scallion fried with panko, topped with tobiko, kabayaki sauce, spicy aioli, and wasabi mayo
- hamapeño roll 14.50**
hamachi, cucumber, avocado, scallion topped with jalapeño and wasabi mayo

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.

www.threesbarandgrill.com

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Three's
BAR & GRILL