

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, organic greens, peruvian anticucho sauce

coconut crusted shrimp 13.50
asian peanut slaw, chipotle fruit relish

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


 **hurricane fries** 7.95
french fries tossed in furikake, topped with sriracha aioli and mochi crunch


salads

ocean mahi mahi salad 14.95
haiku organic mixed greens, local baby heirloom tomatoes, carrots, spanish onions, zucchini, lilikoi vinaigrette topped with feta cheese and hawaiian ogo

 **tropical coconut shrimp salad** 14.95
haiku organic mixed greens, local mango, maui gold pineapple, avocado, baby heirloom tomatoes, cilantro smoked chili vinaigrette, li hing mui candied macadamia nuts

three's chicken caesar 13.95
hearts of romaine, garlic herb croutons, shaved parmesan

 **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 choice of caesar salad or regular french fries

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

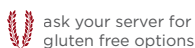
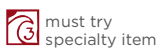
macadamia nut chicken sandwich 14.95
local macadamia nut crust, cilantro lime aioli, kim chee slaw, brioche bun, organic greens, tomato and onion

 **hawaiian ranchers beef french dip** 17.95
prime rib on a toasted french baguette with balsamic sesame caramelized onion, lahaina town brown ale jus

three's blt 12.95
applewood smoked bacon, tomato, organic greens, thai basil guacamole, macadamia nut basil pesto

 **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

all entrées served with caesar salad

lemongrass and ginger mahi mahi 14.50
curry and lemongrass marinade, cucumber macadamia nut relish, japanese sticky rice, thai chili beurre blanc

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

macadamia nut crusted chicken breast 15.50
curry buerre blanc, japanese sticky rice, kim chee slaw

 **hawaiian style ribs 14.50**
three's dry rub, guava-chipotle barbecue sauce, japanese sticky rice, peanut asian slaw

deluxe hawaiian loco moco 14.95
char grilled 8oz big island natural beef burger, two eggs any style, crispy maui onion rings, japanese rice, smothered with wild mushroom gravy and apple smoked bacon ragout

noodles

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 kale, nori, green onions

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

raw bar

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