

appetizers

house made mango habanero hot sauce and maui gold pineapple chutney available for sale. please ask your server



kalua pork quesadilla

13.75/7.75 half order

homemade guava chipotle barbecue sauce, peanut ginger slaw, cilantro lime aioli, spiced maui gold pineapple chutney

peruvian pork or fish taco

pork 6.25/fish 7.25

kimchee slaw, big island papaya salsa, sour cream, furikake

coconut crusted shrimp 13.75

asian peanut slaw, chipotle fruit relish



hurricane fries 8.50

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

sweet & spicy lettuce wraps 12.75

hoison ground turkey, haiku tomatoes, romaine lettuce, fresh herbs, thai chili kaffir lime sauce

kalua pork nachos 14.75/7.75 half order

house made trio of chips, tomato, thai basil guacamole, pepperjack, jalapeños, truffle-lime aioli



panko crusted ahi roll 15.95

avocado, cucumber, thai beurre blanc, unagi glaze, tobiko, sesame seeds

three's wings 4 for 7.25/ 8 for 12.25/

12 for 15.75

homemade mango habanero or honey chipotle served with homemade blue cheese dressing

bacon fried brussel sprouts 10.00

apple smoked bacon, ginger, garlic, sweet balsamic soy, kimchee, carrots, shaved parmesan

salads

ocean salad 10.75

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

add fresh catch 9.95



tropical salad 11.50

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 7.75

three's caesar 9.75

hearts of romaine, garlic herb croutons, shaved parmesan

add grilled chicken breast 6.75



mediterranean whole wheat flat bread salad 14.25

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 6.75

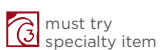


upcountry kale salad 11.50

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 char-grilled flat iron steak 8.75

add freshly seared local ahi 15.95



must try specialty item



ask your server for gluten free options

Reservations or to-go orders 808-879-3133

sandwiches

burgers & sandwiches come with regular french fries, a housemade kim-chee pickle and maui made bun

coconut crusted fish sandwich 15.25

peanut ginger slaw, grilled maui gold pineapple, cilantro lime aioli, hawaiian sweet bun, organic greens, tomato and onion

kalua pork sandwich 14.75

peanut ginger slaw, grilled maui gold pineapple, slow cooked pork shoulder, guava chipotle barbecue sauce, hawaiian taro bun, organic greens, onion and tomato

mango habanero glazed chicken

breast sandwich 15.25

grilled natural chicken breast, jack cheese, hawaiian taro bun, house made hot sauce, bacon, guacamole, sriracha aioli, organic greens, tomato, onion

hawaiian ranchers beef french dip 18.50

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

big island natural beef burger 15.25

big island 8oz char grilled beef patty, hawaiian sweet bun, organic greens, tomato, onion, housemade kim-chee pickle

add on cheeses 1.25 ea

cheddar, pepperjack, swiss, or blue cheese

add-on fixings 1.25 ea

bacon, sautéed mushrooms, char grilled pineapple or jalapeños, thai basil guacamole or avocado (\$2.00)

entrées

three's traditional ramen 19.50

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 17.50

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

hawaiian fish of the day 31.50

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

three's poke bowl 29.95

fresh local ahi shoyu style poke, avocado, japanese sushi rice, daikon, carrots, seaweed salad, togarashi

stir fry chicken 18.25 | shrimp 21.25 | both 23.25

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

asian inspired beer can chicken 24.50

maui brew co. coconut porter, citrus-hoisin glaze, bacon fried brussel sprouts, russet mashed potatoes, soy dashi jus

hawaiian style ribs 26.95

three's dry rub, guava chipotle barbecue sauce, rustic mashed potatoes, asian peanut slaw

flat iron steak 25.25

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 rancher's 12 oz prime rib 30.25

garlic and whole grain mustard rub, rustic russet mash, lahaina town brown ale jus, horseradish crème, sautéed local kale and oyster mushrooms (limited availability)

grilled 16oz hawaiian rancher's ribeye steak 34.95

hawaiian beef, sea salt and black pepper rub, russet mashed potatoes, kale and oyster mushroom garlic sauté, demi glace, tempura fried onion rings

seared local big eye tuna 31.95

wasabi pea and furikake crust, maui gold pineapple and bacon fried rice, local arugula and baby heirloom tomato salad, unagi drizzle, yuzu aioli

fish and chips 17.95


beer battered mahi mahi, homemade tartar sauce, peanut ginger slaw, french fries, lemon

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



all of our fish is fresh and flown in daily

specialty rolls

 **green dragon 16.95**
unagi, snow crab, cucumber, avocado, unagi glaze, sweet chili, tobiko

spider roll 15.50
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 12.95
shrimp tempura, chopped ebi, cucumber, avocado, daikon sprouts, soy glaze

mango crab salad roll 12.95
snow crab, local mango, organic haiku greens, sweet chili thai basil sauce

 **volcano roll 16.25**
california roll topped with ahi, salmon, jalapeño and sriracha aioli

sunset roll 17.25
spicy tuna roll topped with avocado, salmon, spicy aioli, beets, negi, sesame seed, tobiko

 **69 roll 17.25**
california roll topped with unagi, kabayaki sauce, sesame seeds and black tobiko

ahi garden roll 12.25
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


paradise roll 14.95
ahi, hamachi, salmon, daikon sprouts, cucumber and shiso leaf

godzilla roll 14.25
hamachi belly, crab and scallion fried with panko, topped with tobiko, kabayaki sauce, spicy aioli, and wasabi mayo

hamapeño roll 15.25
hamachi, cucumber, avocado, scallion topped with jalapeño and wasabi mayo

lava roll 13.25
the spiciest spicy tuna roll ever

purple haze roll 12.75
tempura molokai purple sweet potato, avocado, cucumber, kaiware sprouts

 **surfer roll 12.75**
cucumber on the outside with no rice, salmon, crab, avocado, kaiware, namasu sauce

sushi rolls/hand rolls

kappa maki 6.75/5.75

tekka maki 7.75/6.75

sake maki 7.75/6.75

spicy salmon roll 9.75/7.75

california roll 9.75/7.75

spicy tuna roll 9.75/7.75

salmon avocado roll 9.75/7.75

spicy hamachi roll 9.75/7.75

veggie roll 8.75/6.75

negi hama roll 9.75/7.75

avo roll 6.75/4.75

unagi avo 9.75/7.75

unagi cucumber 9.75/7.75

hamachi jalapeño roll 9.75/7.75

salmon skin roll 6.75/4.75

philly roll 9.75

nigiri/sashimi

sake/salmon 7.25/11.25

big eye local ahi 7.75/12.50

hamachi 8.25/15.00

tamago/sweet egg 5.25/6.25

ebi/kauai shrimp 6.25/8.25

ikura/salmon roe 8.00/8.00

scallop/hotate 9.75/13.75

uni/sea urchin 12.25/14.00

tako/octopus 9.25/13.25

unagi/fresh water eel

6.75/9.25

oysters

freshly 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 15.25

wasabi poke 15.25

tako kim-chee poke 16.25

specialty items

edamame 4.00

miso soup 4.00

tofu, wakame and negi

ahi carpaccio 12.75

local big eye ahi, daikon, carrot, cilantro, jalapeño, citrus ponzu, li hing mui macadamia nuts

chirashi bowl 27.75

assortment of fresh sashimi over sushi rice

sashimi sampler 28.50

chefs assortment of fresh sashimi

nigiri sampler 17.95

chef's choice 6 piece sampler

 **hot oil sashimi 13.75**

chef's choice sashimi lightly seared with hot sesame oil, ponzu, scallion, sriracha, ginger