




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 tacos** 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
- 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
-  **hurricane fries** 8.50
french fries tossed in furikake, topped with sriracha aioli and mochi crunch

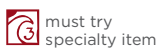
salads

- ocean mahi mahi salad** 15.25
haiku organic mixed greens, local baby heirloom tomatoes, carrots, spanish onions, zucchini, liliroi vinaigrette topped with feta cheese and hawaiian ogo
-  **tropical coconut shrimp salad** 15.25
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** 14.25
hearts of romaine, garlic herb croutons, shaved parmesan
-  **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

sandwiches

burgers & sandwiches come with choice of caesar salad or regular french fries 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, hawaiian taro bun, house made hot sauce, jack cheese, 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
- three's b.l.t.** 13.25
applewood smoked bacon, tomato, organic greens, thai basil guacamole, macadamia nut basil pesto
-  **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, sauteéd mushrooms, char grilled pineapple or jalapeños, thai basil guacamole or avocado (\$2.00)



must try
specialty item



ask your server for
gluten free options

entrées

all entrées served with caesar salad

lemongrass and ginger mahi mahi 14.75
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

soy and mirin glazed grilled chicken breast 14.95
free range chicken breast, local big island papaya salsa, curry beurre blanc, japanese sticky rice

 **hawaiian style ribs 14.75**
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 19.50
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 17.50
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

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, sprouts, 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 7.75/12.25
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

penn Cove 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 32.95**
chef's choice 12 piece sampler

hot oil sashimi 13.75
chef's choice sashimi lightly seared with hot sesame oil, ponzu, scallion, sriracha, ginger