

# 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
- 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, jack cheese, 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 & honey chipotle or teriyaki 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, mochi crunch
- red curry clams & mussels** 16.95  
1lb. fresh live clams & mussels, sautéed with garlic, ginger, scallion, simmered in sake, red curry butter, thai basil, chimichurri toast

# salads

- ocean mahi mahi salad** 15.25  
haiku organic mixed greens, local baby heirloom tomatoes, carrots, spanish onions, cucumber, lilikoï vinaigrette topped with feta cheese, hawaiian ogo
-  **tropical coconut shrimp salad** 15.25  
haiku organic mixed greens, local papaya, 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

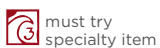
-  **mediterranean whole wheat flat bread salad** 14.25  
grilled flat bread, house made hummus, hearts of romaine, baby heirloom tomatoes, kalamata olives, spanish onions, cucumbers, caesar dressing, feta cheese
- grilled chicken breast add** 6.75
-  **upcountry kale salad** 11.50  
local kale, baby heirloom tomatoes, spanish onions, ginger miso dressing, gorgonzola cheese, shaved local beets, daikon sprouts, li hing mui candied maui macadamia nuts
- char-grilled flat iron steak add** 9.95  
**freshly seared local ahi add** 16.95

# 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, 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, 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 kimchee 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, jalapeños, thai basil guacamole or avocado



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

# noodles

**three's traditional ramen 19.50**  
locally made iwamoto family noodles, soy pork dashi broth, six-minute egg, kimchee shiitake mushrooms, fresh corn, crispy braised pork belly, kale, nori, green onions

# raw bar

all of our fish is fresh and flown in daily

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

**black widow roll 17.25**  
tempura soft shell crab, avocado, cucumber, sprouts, topped with spicy tuna, black tobiko, unagi glaze, goma

**rainbow roll 16.95**  
california roll topped with salmon, hamachi, ahi, avocado, masago

**shrimp tempura roll 13.95**  
shrimp tempura, chopped ebi, cucumber, avocado, daikon sprouts, unagi glaze, goma

**papaya crab salad roll 13.95**  
snow crab, local papaya, organic haiku greens, sweet chili thai basil sauce

**volcano roll 17.25**  
california roll topped with ahi, salmon, jalapeño, sriracha aioli, togarashi, chili oil

## 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  
avo roll 6.75/4.75  
unagi avo 9.75/7.75  
salmon skin roll 6.75/4.75  
philly roll 9.75/7.75  
spicy ebi roll 9.75/7.75  
spicy hotate roll 10.75/8.75

## starters

wakame salad 3.00  
sunomono 4.00  
edamame 4.00  
miso soup 4.00  
tofu, wakame and negi  
sushi rice 4.00  
shoyu poke 15.25  
wasabi poke 15.25  
**nigiri/sashimi**  
sake/salmon 7.25/11.25  
big eye local ahi 7.75/12.50  
hamachi 8.25/15.00  
ebi/kauai shrimp 6.25/8.25  
ikura/salmon roe 8.00/8.00  
hotate/scallop 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  
kampachi 8.25/15.00

 **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

**garlic wok fried dry mein 17.50**  
sesame garlic fried iwamoto family noodles, crispy braised pork belly, six-minute egg, kale, kimchee shiitake mushrooms, green onions, bonito

**lava roll 13.25**  
spicy tuna roll topped with ahi, sriracha, finished with tempura crunch, negi, chili oil

**purple haze roll 12.75**  
tempura molokai purple sweet potato, avocado, cucumber, kaiware, wasabi aioli

**surfer roll 13.75 (riceless roll)**  
cucumber on the outside with no rice, salmon, crab, avocado, kaiware, namasu sauce, goma

**tiger roll 17.25**  
spicy salmon roll topped with ebi and avocado, unagi glaze, masago, goma

**marilyn monroll 17.25**  
spicy california roll topped with torched hotate and finished with unagi glaze, masago, goma

## oysters

freshly shucked to order, served with homemade wasabi 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

## specialty items

**ahi sliders 16.95**  
spicy crab mix, wrapped in tuna sashimi with unagi glaze, tempura crunch, sriracha, black tobiko, goma, negi

**tako or ahi carpaccio 12.75**  
daikon, carrot, cilantro, jalapeño, citrus ponzu, li hing mui candied macadamia nuts

**chirashi bowl 30.00**  
assortment of fresh sashimi and vegetables over sushi rice

**sashimi sampler 28.50**  
chef's assortment of fresh sashimi

**sashimi trio 15.00**  
ahi, hamachi, salmon

**nigiri sampler 17.95**  
chef's choice 6 piece sampler

**pearl nigiri (4 pieces) 18.00**  
seared scallops on top of sushi balls topped with crab mix, jalapeño, tobiko, wasabi aioli, togarashi

**hot oil sashimi 13.75**  
choice of hamachi, salmon or kampachi sashimi lightly seared with hot sesame oil, ponzu, scallion, sriracha, ginger

three's bar & grill is always looking for positive, inspired team members, please inquire at the host stand.