


appetizers

-  **kalua pork quesadilla** 14.00/8.25 half order
homemade guava-chipotle barbecue sauce, peanut ginger slaw, cilantro lime aioli, spiced maui gold pineapple chutney
- fish taco** 7.25
kimchee slaw, big island papaya salsa, sour cream, furikake
- sweet & spicy lettuce wraps** 13.00
hoisin ground turkey, haiku tomatoes, romaine lettuce, fresh herbs, thai chili-kaffir lime sauce
-  **hurricane fries** 8.50
french fries tossed in furikake, topped with sriracha aioli, mochi crunch
-  **panko crusted ahi roll** 15.95
avocado, cucumber, thai curry beurre blanc, unagi glaze, tobiko, sesame seeds

salads

- ocean mahi mahi salad** 16.00
haiku organic mixed greens, local baby heirloom tomatoes, carrots, spanish onions, cucumber, lilikoi vinaigrette topped with feta cheese, hawaiian ogo
-  **tropical coconut shrimp salad** 16.00
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** 15.00
hearts of romaine, garlic herb croutons, shaved parmesan

- coconut crusted shrimp** 13.75
asian peanut slaw, chipotle fruit relish
- kalua pork nachos** 15.00/8.00 half order
house made trio of chips, tomato, thai basil guacamole, jack cheese, jalapeños, cilantro lime aioli & truffle oil
- mango habanero wings** 15.75 (12 wings)/
8.75 (6 wings)
homemade mango habanero sauce, smoky citrus marinade, served with homemade blue cheese dressing
- bacon fried brussel sprouts** 10.00
apple smoked bacon, ginger, garlic, sweet balsamic soy, kimchee, carrots, shaved parmesan
- red curry clams** 17.00
1lb. fresh live clams, sautéed with garlic, ginger, scallion, simmered in sake, red curry butter, thai basil, chimichurri toast

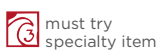
-  **mediterranean whole wheat flat bread salad** 14.25
grilled flat bread, house made hummus, hearts of romaine, baby heirloom tomatoes, kalamata olives, spanish onions, cucumbers, caesar dressing, feta cheese
- grilled chicken breast add** 7.00
-  **upcountry kale salad** 12.00
local kale, baby heirloom 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, a house made kimchee pickle, and maui made bun

- coconut crusted fish sandwich** 15.25
peanut ginger slaw, grilled maui gold pineapple, cilantro lime aioli, hawaiian brioche bun, organic greens, tomato, onion
- mango habanero glazed chicken breast sandwich** 15.25
grilled natural chicken breast, hawaiian brioche bun, house made hot sauce, jack cheese, bacon, guacamole, sriracha aioli, organic greens, tomato, onion
- three's b.l.t.** 13.25
applewood smoked bacon, tomato, organic greens, thai basil guacamole, macadamia nut basil pesto

-  **hawaiian ranchers beef french dip** 19.00
prime rib on a chimichurri toasted french baguette with balsamic sesame caramelized onion, rosemary ale jus
-  **three's signature burger** 16.00
house made chargrilled 8 oz all beef patty, hawaiian brioche 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 (\$2.00) or avocado (\$2.00)



must try
specialty item



ask your server for
gluten free options


entrées

lemongrass and ginger mahi mahi 14.75
curry and lemongrass marinade, cucumber macadamia nut relish, japanese sticky rice, thai curry beurre blanc, side caesar salad

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, side caesar salad

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

 **hawaiian style ribs 14.75**
three's dry rub, guava-chipotle barbecue sauce, japanese sticky rice, peanut asian slaw, side caesar salad

deluxe hawaiian loco moco 14.95
house made chargrilled 8oz all beef patty, two eggs any style, crispy maui onion rings, japanese rice, smothered with wild mushroom gravy and apple-smoked bacon ragout

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 14.95
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

sunset roll 17.25
spicy tuna roll topped with avocado, salmon, spicy aioli, fried beets, goma, tobiko

69 roll 17.25
california roll topped with unagi, unagi glaze, goma, black tobiko

rock 'n roll 19.95
unagi, cucumber, avocado, topped with ahi, spicy aioli, unagi glaze, negi, black tobiko

godzilla roll 15.25
hamachi belly, crab and scallion fried with panko, topped with tobiko, unagi glaze, spicy aioli, wasabi mayo

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

lava roll 17.75
spicy tuna roll topped with ahi, sriracha, finished with tempura crunch, negi, chili oil

purple haze roll 13.75
tempura molokai purple sweet potato, avocado, cucumber, kaiware, wasabi aioli

surfer roll 14.75 (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

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

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 13.25
daikon, carrot, cilantro, jalapeño, citrus ponzu, li hing mui candied macadamia nuts

chirashi bowl 34.00
assortment of fresh sashimi and vegetables over sushi rice

sashimi sampler 32.00
chef's assortment of fresh sashimi

sashimi trio 15.00
ahi, hamachi, salmon

nigiri sampler 19.95
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 14.75
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.