

# 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, 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, 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

## **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 salad 10.75**

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

fresh catch add 9.95



## **tropical salad 11.50**

haiku organic mixed greens, local papaya, maui gold pineapple, avocado, baby heirloom tomatoes, cilantro-smoked chili vinaigrette, li hing mui candied macadamia nuts

four coconut shrimp add 7.75

## **three's caesar 9.75**

hearts of romaine, garlic herb croutons, shaved parmesan

grilled chicken breast add 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, 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



must try  
specialty item



ask your server for  
gluten free options

# 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, 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, 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 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

# entrées

## three's traditional ramen 19.50

locally made iwamoto family noodles, soy pork dashi broth, six-minute egg, kimchee shiitake mushrooms, crispy braised pork belly, fresh corn, 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, kimchee shiitake mushrooms, green onions, bonito

## three's seafood crab boil for two 60.00

snow crab, kauai prawns, clams, mussels, portuguese sausage, potatoes and corn simmered in beer butter and three's house cajun spice, served with chimichurri toast

## hawaiian fish of the day 31.50

lemongrass ginger marinade, cucumber and macadamia nut relish, japanese sticky rice, curry beurre blanc, haricot vert

## three's poke bowl 29.95

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

## stir fry chicken and shrimp 23.25

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

## asian inspired beer can chicken 24.50

maui brew co. coconut porter, citrus-hoisin glaze, bacon fried brussel sprouts, russet mashed potatoes (limited availability)

## hawaiian jambalaya 20.95

creole spiced rice with chicken, shrimp, portuguese sausage, fresh corn, tomato, peppers, topped with bbq kalua pork, jack cheese

## hawaiian style ribs 26.95

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

## braised maui cattle short rib 25.25

truffle-yaki braised short rib served over iwamoto family ramen noodles, sautéed local kale, oyster mushrooms, baby heirloom tomatoes, fresh corn, 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, fresh corn and oyster mushrooms (limited availability)

## grilled hawaiian steak

### 6oz. flat iron 24.95 | 16oz. ribeye 34.95

hawaiian beef, sea salt and black pepper rub, griddled smashed red bliss potatoes, blue cheese fondue, tempura fried onion rings, glazed brussel sprouts, bbq sauce, hot mustard

## seared local big eye tuna 31.95

wasabi pea and furikake crust, maui gold pineapple, bacon fried rice, organic haiku farms mixed greens and baby heirloom tomato salad, unagi drizzle, yuzu aioli

## beer battered fish & chips 17.95

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



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, 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

### sunset roll 17.25

spicy tuna roll topped with avocado, salmon, spicy aioli, fried beets, negi, 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 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, avocado, unagi glaze, masago, goma

### marilyn monroll 17.25

spicy california roll topped with torched hotate, 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 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 and togarashi

### hot oil sashimi 13.75

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