

# 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

## coconut crusted fish taco 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 13.00

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

## kalua pork nachos 15.00/8.00 half order

house made trio of chips, tomato, thai basil guacamole, jack cheese, jalapeños, cilantro lime aioli and truffle oil

## panko crusted ahi roll 15.95

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

## 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

## mango habanero wings

15.75 (12 wings)/8.75 (6 wings)

housemade mango habanero sauce, smoky citrus marinade, served with blue cheese dressing

# salads

## ocean salad 11.00

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 10.00

hearts of romaine, garlic herb croutons, shaved parmesan

grilled chicken breast add 7.00

## 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 regular french fries, a housemade 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, jack cheese, hawaiian brioche bun, house made hot sauce, bacon, guacamole, sriracha aioli, organic greens, tomato, onion

## hawaiian ranchers beef french dip 19.00

prime rib on a chimmichuri toasted french baguette, balsamic carmelized onions, 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, sauteéd mushrooms, char grilled pineapple, jalapeños, thai basil guacamole (\$2.00) or avocado (\$2.00)

# 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



## fresh hawaiian fish of the day 32.00

lemongrass ginger marinade, cucumber and macadamia nut relish, japanese sticky rice, thai 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 25.00

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



## hawaiian jambalaya 22.00

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

## hawaiian style ribs 26.95

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

## braised short rib 26.25

truffle-yaki braised short rib, horseradish mash, haricot verts, braising liquid, tomato compote, kabayaki sauce



## grilled hawaiian steak

6oz. flat iron 24.95 | 16oz. ribeye 36.00

kimchee balsamic marinated, horseradish mash, tempura fried onion rings, glazed brussel sprouts, port demi reduction

## seared local big eye tuna 31.95

sesame and peppercorn crusted local ahi, sushi rice, kabayaki sauce, wasabi cream, pickled ginger, sunomono salad, daikon & carrot

## beer battered fish & chips 17.95

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

## 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)



\$1 from the sale of this dish is donated to The Nabavi Legacy Fund to benefit 8 maui non-profits.



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 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, 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 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 and togarashi

### hot oil sashimi 14.75

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