

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 7.50

kimchee slaw, big island papaya salsa, sour cream,
furikake

coconut crusted shrimp 14.00

asian peanut slaw, chipotle fruit relish

hurricane fries 8.75

french fries tossed in furikake, topped with
sriracha aioli, mochi crunch

sweet & spicy lettuce wraps 13.25

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

kalua pork nachos 15.25/8.25 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 brussels sprouts 10.50

apple smoked bacon, ginger, garlic, sweet balsamic
soy, kimchee, carrots, shaved parmesan

red curry clams 17.50

1lb fresh live clams, sautéed with garlic, ginger,
scallion, simmered in sake, red curry butter,
thai basil, chimichurri toast

mango habanero wings

15.95 (12 wings)/8.95 (6 wings)

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

salads

ocean salad 12.00

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 12.00

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 9.25

three's caesar 11.00

hearts of romaine, garlic herb croutons,
shaved parmesan

grilled chicken breast add 8.00

mediterranean whole wheat flat bread salad 14.50

grilled flat bread, house made hummus, hearts of
romaine, baby heirloom tomatoes, kalamata olives,
spanish onions, cucumbers, caesar dressing,
feta cheese

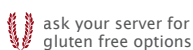
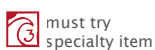
grilled chicken breast add 8.00

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 17.95



sandwiches

burgers & sandwiches come with regular french fries, a housemade kimchee pickle and maui made bun

coconut crusted fish sandwich 16.95

peanut ginger slaw, grilled maui gold pineapple, cilantro lime aioli, hawaiian brioche bun, organic greens, tomato, onion

mango habanero glazed chicken breast sandwich 15.95

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 chargrilled burger 16.00

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 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

chef trav's tantanmen style ramen 19.50

spicy sesame-miso pork broth, homemade thick-cut lwamoto family noodles, gingered ground pork, purple cabbage, bean sprouts, kale, green onion, 6 minute egg, garlic chili oil

chef mike's center cut pork chop 25.00

pan seared, herb parmesan crusted, center cut pork chop, rustic mash potatoes, grilled asparagus, apple gravy, asian kim chee slaw

fresh hawaiian fish of the day 33.00

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 24.00

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 26.00

maui brew co. coconut porter, citrus-hoisin glaze, bacon fried brussel sprouts, horseradish mash (limited availability)

hawaiian jambalaya 23.00

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

hawaiian style ribs 27.25

three's dry rub, guava chipotle barbecue sauce, horseradish mash, asian peanut slaw

chef kevin's USDA prime steak 33.00

12 oz USDA prime new york strip, rustic mash potatoes, grilled asparagus, tempura fried onion rings, shiitake mushroom creme

6oz flat iron 26.95

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 31.00

garlic and whole grain mustard rub, horseradish 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.

specialty rolls

green dragon 18.00

unagi, snow crab, cucumber, avocado, unagi glaze, sweet chili, red tobiko

black widow roll 18.00

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

rainbow roll 18.00

california roll topped with salmon, hamachi, ahi, avocado, masago

shrimp tempura roll 15.95

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

papaya crab salad roll 15.00

snow crab, local papaya, organic haiku greens, sweet chili thai basil sauce

volcano roll 18.75

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

sunset roll 18.75

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



trident roll 25.00

shrimp tempura, crab mix, topped with shoyu ahi poke, masago, negi, unagi glaze, sriracha aioli

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 3.75

sunomono 4.50

edamame 4.50

miso soup 4.50

tofu, wakame and negi

sushi rice 4.00

shoyu poke 17.00

wasabi poke 17.00



surf and turf roll 24.00

california roll, topped with seared new york prime steak, fried maui onions, kabayaki, miso ginger, red tobiko



waimea roll 22.00

cucumber, kaiware sprouts, avocado, inari, asparagus, topped with japanese hamachi, jalapeno, unagi glaze, sriracha, masago



rock 'n roll 21.00

unagi, cucumber, avocado, topped with ahi, spicy aioli, unagi glaze, negi, black tobiko

godzilla roll 17.00

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

hamapeño roll 16.00

hamachi, cucumber, avocado, negi, topped with jalapeño, wasabi mayo

lava roll 18.00

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

purple haze roll 14.00

tempura molokai purple sweet potato, avocado, cucumber, kaiware, wasabi aioli

surfer roll 15.50 (riceless roll)

cucumber on the outside with no rice, salmon, crab, avocado, kaiware, namasu sauce, goma

nigiri/sashimi

sake/salmon 7.25/12.00

big eye local ahi 7.75/13.00

hamachi 8.25/15.50

ebi/kauai shrimp 6.25/9.00

ikura/salmon roe 8.00/12.00

hotate/scallop 9.75/14.00

uni/sea urchin 12.25/15.25

tako/octopus 9.25/14.00

unagi/fresh water eel

6.75/10.00

kampachi 8.25/15.50

oysters

freshly shucked to order, served with homemade wasabi cocktail sauce and lemon, served on ice

penncove 2.75 ea

(washington state)

medium in size and briny

kumamoto 3.50 ea

(washington state)

small in size and buttery

specialty items



ahi sliders 17.50

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

tako or ahi carpaccio 14.00

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

chirashi bowl 35.00

assortment of fresh sashimi and vegetables over sushi rice

sashimi sampler 33.00

chef's assortment of fresh sashimi

sashimi trio 17.00

ahi, hamachi, salmon

nigiri sampler 21.00

chef's choice 6 piece sampler



hot oil sashimi 15.25

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