

## appetizers



### **kalua pork quesadilla**

14.25/8.25 half order

homemade guava-chipotle barbecue sauce, peanut ginger slaw, cilantro lime aioli, spiced maui gold pineapple chutney

### **coconut crusted fish taco 7.65**

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

### **coconut crusted shrimp 14.25**

asian peanut slaw, chipotle fruit relish



### **hurricane fries 8.95**

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

### **sweet & spicy lettuce wraps 13.50**

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

### **kalua pork nachos 15.50/8.25 half order**

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



### **panko crusted ahi roll 16.25**

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

### **bacon fried brussels sprouts 10.65**

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**

16.25 (12 wings)/9.25 (6 wings)

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

## salads

### **ocean salad 12.50**

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 12.50**

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 9.25

### **three's caesar 11.50**

hearts of romaine, garlic herb croutons, shaved parmesan

grilled chicken breast add 8.50



### **mediterranean whole wheat flat bread salad 14.95**

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 8.50

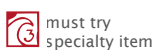


### **upcountry kale salad 12.50**

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 10.35

freshly seared local ahi add 18.25



must try  
specialty item



ask your server for  
gluten free options

# sandwiches

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

## coconut crusted fish sandwich 17.25

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

## mango habanero glazed chicken breast sandwich 16.50

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 19.50

prime rib on a chimmichuri toasted french baguette, balsamic caramelized onions, rosemary au jus

## three's chargrilled burger 16.25

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 19.95

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 19.95

spicy sesame-miso pork broth, homemade thick-cut iwamoto 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 26.00

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 33.50

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

## three's poke bowl 30.50

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

## stir fry chicken and shrimp 24.50

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 26.50

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

## hawaiian jambalaya 23.50

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

## hawaiian style ribs 27.95

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

## chef kevin's USDA prime steak 33.50

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

## 6oz flat iron 27.50

## beer battered fish & chips 18.50

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

## hawaiian rancher's 12 oz prime rib 32.00

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 18.50

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

### black widow roll 18.50

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

### rainbow roll 18.50

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

### shrimp tempura roll 16.25

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

### papaya crab salad roll 15.50

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

### volcano roll 19.50

california roll, topped with ahi, salmon, jalapeño, sriracha, togarashi, spicy aioli

### sunset roll 19.50

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 6.95/5.95

tekka maki 7.95/6.95

sake maki 7.95/6.95

spicy salmon roll 9.95/7.95

california roll 9.95/7.95

spicy tuna roll 9.95/7.95

salmon avocado roll 9.95/7.95

spicy hamachi roll 9.95/7.95

veggie roll 8.95/6.95

avo roll 6.95/4.95

unagi avo 9.95/7.95

salmon skin roll 6.95/4.95

philly roll 9.95/7.95

spicy ebi roll 9.95/7.95

spicy hotate roll 10.95/8.95

## starters

wakame salad 3.95

sunomono 4.95

edamame 4.95

miso soup 4.95

tofu, wakame and negi

sushi rice 4.50

shoyu poke 17.50

wasabi poke 17.50



### surf and turf roll 24.50

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



### waimea roll 22.50

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



### rock 'n roll 21.50

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

### godzilla roll 16.50

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

### hamapeño roll 17.50

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

### lava roll 18.50

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

### purple haze roll 14.50

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

### surfer roll 15.95 (riceless roll)

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

## nigiri/sashimi

sake/salmon 7.50/12.25

big eye local ahi 7.95/13.00

hamachi 8.50/15.50

ebi/kauai shrimp 6.50/9.25

ikura/salmon roe 8.25/9.25

hotate/scallop 9.95/14.25

uni/sea urchin 20.00/22.00

tako/octopus 9.50/14.00

unagi/fresh water eel

6.95/10.25

kampachi 10.50/15.75

## oysters

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

penncove 2.95 ea

(washington state)

medium in size and briny

kumamoto 3.75 ea

(washington state)

small in size and buttery

## specialty items



### ahi sliders 17.75

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

### tako or ahi carpaccio 14.25

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

### chirashi bowl 35.50

assortment of fresh sashimi and vegetables over sushi rice

### sashimi sampler 33.50

chef's assortment of fresh sashimi

### sashimi trio 17.50

ahi, hamachi, salmon

### nigiri sampler 21.50

chef's choice 6 piece sampler



### hot oil sashimi 15.50

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