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

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

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

Gratuity added to parties of 6 or more. Eating at Three’s means you are supporting local farmers, ranchers and fishermen. Consuming raw or undercooked meat, fish or eggs can increase your risk of food born illness.
**sandwiches**

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
glazed 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 chimichurri toasted french baguette, balsamic carmelized onions, rosemary au jus

**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

delicious native 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

fresh hawaiian fish of the day  33.50
lemon grass 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

three's chargrilled burger  16.25
chargrilled 8 oz all beef patty, hawaiian brioche bun, organic greens, tomato, onion, housemade kimchee pickle

delicious native 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

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

hawaiian style ribs  27.95
three's dry rub, guava chipotle barbecue sauce, horseradish mash, asian peanut slaw

fresh hawaiian fish of the day  33.50
lemon grass 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

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

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

sushi rolls/hand rolls

kappa maki 6.95/5.95
tekka maki 7.95/6.95
sake maki 7.95/5.95
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

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, carrots, cilantro, jalapeno, 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