


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

fish taco 7.65
kimchee slaw, big island papaya salsa, sour cream, furikake

sweet & spicy lettuce wraps 14.25
hoisin ground turkey, haiku tomatoes, romaine lettuce, fresh herbs, thai chili-kaffir lime sauce

 **hurricane fries** 8.95
french fries tossed in furikake, topped with sriracha aioli, mochi crunch

 **panko crusted ahi roll** 16.25
avocado, cucumber, thai curry beurre blanc, unagi glaze, tobiko, sesame seeds

coconut crusted shrimp 14.25
asian peanut slaw, chipotle fruit relish

kalua pork nachos 15.50/8.25 half order house
made trio of chips, tomato, thai basil guacamole, jack cheese, jalapeños, cilantro lime aioli & truffle oil


mango habanero wings
16.25 (12 wings)/9.25 (6 wings)
homemade mango habanero sauce, smoky citrus marinade, served with homemade blue cheese dressing

bacon fried brussels sprouts 10.65
apple smoked bacon, ginger, garlic, sweet balsamic soy, kimchee, carrots, shaved parmesan


red curry clams 17.50
1 lb. fresh live clams, sautéed with garlic, ginger, scallion, simmered in sake, red curry butter, thai basil, chimichurri toast

salads

ocean mahi mahi salad 20.25
haiku organic mixed greens, local baby heirloom tomatoes, carrots, spanish onions, cucumber, liliko vinaigrette topped with feta cheese, hawaiian ogo

 **tropical coconut shrimp salad** 22.25
haiku organic mixed greens, local papaya, maui gold pineapple, avocado, baby heirloom tomatoes, cilantro-smoked chili vinaigrette, li hing mui candied macadamia nuts

three's chicken caesar 15.25
hearts of romaine, garlic herb croutons, shaved parmesan

 **mediterranean whole wheat flat bread salad** 14.75
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 8.25

 **upcountry kale salad** 12.25
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 10.25

freshly seared local ahi add 17.25

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 16.25
grilled natural chicken breast, hawaiian brioche bun, house made hot sauce, jack cheese, bacon, guacamole, sriracha aioli, organic greens, tomato, onion

three's b.l.t. 13.75
applewood smoked bacon, tomato, organic greens, thai basil guacamole, macadamia nut basil pesto

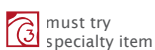
burgers & sandwiches come with choice of caesar salad or regular french fries, a house made kimchee pickle, and maui made bun

 **hawaiian ranchers beef french dip** 19.50
prime rib on a chimichurri toasted french baguette with balsamic sesame caramelized onion, rosemary ale 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, sautéed mushrooms, char-grilled pineapple, jalapeños, thai basil guacamole (\$2.00) or avocado (\$2.00)



must try
specialty item



ask your server for
gluten free options

entrées

ask your server about our must have signature chocolate molten lava cake

lemongrass and ginger mahi mahi 15.95

curry and lemongrass marinade, cucumber macadamia nut relish, japanese sticky rice, thai curry beurre blanc, side caesar salad

beer battered fish and chips 18.25

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

soy and mirin glazed grilled chicken breast 15.25

free range chicken breast, local big island papaya salsa, curry beurre blanc, japanese sticky rice, side caesar salad

hawaiian style ribs 15.25

three's dry rub, guava-chipotle barbecue sauce, japanese sticky rice, peanut asian slaw, side caesar salad

deluxe hawaiian loco moco 15.50

house made chargrilled 8oz all beef patty, two eggs any style, crispy maui onion rings, japanese rice, smothered with wild mushroom gravy and apple-smoked bacon ragout

three's ramen 19.95

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

raw bar

all of our fish is fresh and flown in daily

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

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

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, asparagus, inari, topped with japanese hamachi, jalapeno, unagi glaze, masago

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

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

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 20/22

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 17.50

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

three's bar & grill is always looking for positive, inspired team members, please inquire at the host stand.