

SUSHI & SASHIMI

SUSHI BAR STARTERS

EDAMAME with English sea salt or Wok-charred with garlic	9.95
SEAWEED SALAD	7.95
TUNA SASHIMI & AVOCADO SALAD with cherry tomatoes, mixed greens and ginger citrus dressing	22.95

SUSHI & SASHIMI

(BY THE PIECE)

TUNA, SALMON, WHITE TUNA, CRAB, STRIPED BASS, SHRIMP	3.95
YELLOW TAIL, SMOKED SALMON, EEL, SALMON ROE, FLYING FISH ROE	4.45

COMBINATIONS

ROLL COMBO Tuna, California, Alaska	22.45
SUSHI COMBO 6 pieces of assorted sushi and a California roll	25.95
SASHIMI COMBO 9 pieces of assorted raw fish	28.95
LUCY IN THE SKY WITH SALMON Salmon/Cucumber Roll, Spicy Salmon Roll 2pc Salmon Sushi, 1pc Salmon Roe Sushi	25.95

For Brown Rice* add \$1 per roll
.50 per piece, \$3 per combo

ROLLS (CUT ROLL OR HAND ROLL)

CALIFORNIA	7.95
TUNA OR SALMON	8.45
SPICY TUNA	8.95
YELLOW TAIL AND AVOCADO	9.45
YELLOW TAIL AND SCALLIONS	8.95
EEL AND AVOCADO	9.45
SLAMMIN SALMON (Salmon, lemon and cilantro)	8.45
VEGETABLE ROLL (Avocado, cucumber)	6.95
HI-LIFE ROLL (Shrimp, crab, avocado with flying fish roe on outside)	9.45
NEW CALIFORNIA (Tuna, avocado with flying fish roe)	9.45
ALASKA ROLL (Salmon and Avocado)	8.45
JAMAICA ROLL (Tuna, avocado and mango)	9.95
SPICY BOSTON ROLL (Shrimp, cucumber, Boston Lettuce and spicy mayo)	8.95
PHILADELPHIA ROLL (Smoked salmon, cream cheese and avocado)	9.95
AMSTERDAM AVE. ROLL (Eel, crab, cucumber with flying fish roe on outside)	9.95

SHELLFISH

OYSTERS ON THE HALF SHELL	market
CLAMS ON THE HALF SHELL	market
HI-LIFE PLATTER 1/2 doz. Little Neck Clams, 1/2 doz. Blue Pt. Oysters Spicy Tuna Roll, Hi-Life Roll	44.95*

THE HI-LIFE SUSHI / RAW BAR

In the tradition of classic 1930's Restaurant and Lounges Hi-Life offers Clams and Oysters schucked to order. We present expertly prepared Sushi and Sashimi as a natural extension of the Raw Bar. Hi-Life was New York City's first non-Japanese restaurant to incorporate a Sushi/Raw Bar in 1991.

Consuming raw or under cooked meats, poultry, seafood, shell fish or eggs may increase your risk of food borne illness