

STARTERS

MIXED GREEN SALAD choice of vinaigrette, ginger-citrus, blue cheese	5.95
SLICE OF ICE iceberg wedge, bacon, tomato, blue cheese dressing	8.50
WARM GOAT CHEESE SALAD	9.50
TRADITIONAL CAESAR SALAD	7.95
TUNA SASHIMI AND AVOCADO SALAD on greens with ginger-citrus vinaigrette	14.95
SOUP OF THE DAY	P/A
EDAMAME with English sea salt or Wok-charred with garlic	5.50
STEAMED ARTICHOKE w/drawn lemon butter or balsamic vinaigrette	8.95
STEAMED DUMPLINGS shrimp or vegetable with soy-ginger sauce	7.95
CRISPY CALAMARI with spicy red sauce	10.95
NACHOS GRANDE w/ guacamole and salsa	10.95
SPICY CHICKEN WINGS with blue cheese	9.95
CHINATOWN SPARERIBS marinated pork ribs	10.95
GUACAMOLE with salsa and tortilla chips	9.95
POPCORN SHRIMP w/ spicy marinara	9.95
PIGS-IN-A-BLANKET	9.95
POTATO SKINS with cheddar & bacon	7.50
CHICKEN QUESADILLA SUPREME w/guacamole	10.95
TRIO OF MINI-CHEESE BURGERS	11.45
TURKEY CHILI with tortilla chips	8.95
HI-LIFE CUTTING BOARD 4 oz. hand-cut filet mignon grilled to order served with new potato salad	15.95

BURGERS

*Served with shoestring fries, pickle, lettuce & tomato
All burgers available as **Turkey or Veggie***

HAMBURGER DELUXE add American, Swiss, Cheddar, or Blue Cheese .50	11.45
CHILI CHEESEBURGER with spicy turkey chili	12.45
BACON CHEESEBURGER	12.95
CALIFORNIA BURGER with avocado and cheese	12.95
THE "HILIFE BURGER" with crispy bacon inside, topped with cheddar and pickled ginger and served with spicy sushi sauce on the side	12.95

BIG PLATES

Those entrees with an asterisk () are served with choice of:
Mashed, Baked or French Fried Potatoes or Brown Rice and Creamed
Spinach, Carrots & Dill or Steamed Vegetables*

Roasted Rosemary Chicken oven roasted 1/2 chicken and herbs	15.95*
Pork Chops with Homemade Apple Sauce	17.95*
Argentinian Skirt Steak grilled w/Chimichurri Sauce	18.95*
NY Shell Steak 10oz or 14oz Sirloin	19.95/22.50*
Steak Au Poivre 14 oz Sirloin with a Peppercorn, Brandy and Light Cream Sauce	22.95*
Sirloin Steak Sandwich with hand-cut fries on a toasted baguette w/mozzarella & sautéed onions	15.95
Lemon Chicken Boneless Breast sautéed in Lemon, White Wine and Herbs	17.95*
Yellow Fin Tuna seared Filet Mignon of Fresh Tuna with Brown Rice and Vegetables	19.95*
Broiled Atlantic Salmon with ginger, scallions, lemon and white wine	18.95*
Hi-Life Pot Pie traditional recipe with Chicken and a pinch of Curry Powder	12.95
Oriental Vegetable Stir-Fry with Brown Rice (add Sliced Chicken Breast)	13.95/15.95
Grilled Chicken Sandwich with Swiss Cheese and served with French Fried Potatoes, Lettuce, Tomato and Pesto Sauce	12.50

BIG BOWLS

For Pasta Bowls select: Penne, Spaghettini or whole wheat Penne

Penne with Grilled Chicken Peas, Sundried Tomatoes and Broccoli in a light tomato cream sauce	16.95
Spaghettini Primavera Assorted Garden Vegetables in Oil and Garlic or Plum Tomato Sauce	14.95
Penne Puttanesca Tomatoes, Black Olives, Garlic, Capers and Chopped Fresh Basil (Anchovy optional)	14.95
Pad Thai with Chicken (or Shrimp add 2.00) Thai Noodle Dish with Peanuts and Thai Seasoning	16.95
Grilled Chicken & Citrus Salad Chicken Breast, Citrus Slices, Walnuts and Mixed Greens	15.95
Big Caesar with Grilled Chicken (or Blackened Shrimp add 2.00) with Homemade Croutons	15.95
Hi-Life Salad Big Bowl of Mixed Greens, Artichoke Hearts, New Potatoes, Julienned Swiss & Cheddar Cheese, Red and Green Peppers, Black Olives, Bermuda Onion and Hard Boiled Egg	15.50
Chopped Cobb Salad with Grilled Chicken, Bacon, Avocado, Blue Cheese and Tomato over Chopped Mixed Greens	15.95
Nicoise Salad traditional recipe with Sliced Seared Tuna	17.95
Crispy Crunchy-Veggie Salad with Chopped Carrots, Celery, Cucumber, Hearts of Palm, Radish, Chick Peas and Croutons over chopped Romaine (with Blue Cheese or House Dressing)	14.95

SUSHI & SASHIMI

SUSHI & SASHIMI

(BY THE PIECE)

TUNA, SALMON, SMOKED SALMON, CRAB WHITE TUNA, STRIPED BASS	2.95
EEL, YELLOW TAIL, SALMON ROE, SHRIMP, FLYING FISH ROE	3.50

ROLLS (CUT ROLL OR HAND ROLL)

CALIFORNIA	5.50
TUNA	5.95
SPICY TUNA	5.95
SALMON	5.50
SLAMMIN SALMON (Salmon, lemon and cilantro)	5.95
SMOKED SALMON AND AVOCADO	6.50
YELLOW TAIL AND AVOCADO	6.95
YELLOW TAIL AND SCALLIONS	6.50
EEL AND AVOCADO	6.95
NEW CALIFORNIA (Tuna, avocado with flying fish roe on outside)	6.50
HI-LIFE ROLL (Shrimp, crab, avocado with flying fish roe on outside)	6.95
JAMAICA ROLL (Tuna, avocado and mango)	6.95
ALASKA ROLL	6.50
SPICY BOSTON ROLL	6.50
VEGETABLE ROLL	4.95
AMSTERDAM AVE. ROLL (Eel, crab, cucumber with flying fish roe on outside)	6.95

COMBINATIONS

ROLL COMBO Tuna, California, Alaska	14.95
SUSHI COMBO 7pieces of assorted sushi and a California roll	19.95
SASHIMI COMBO 10 pieces of assorted raw fish	19.95
SUSHI & SASHIMI PLATTER 7 pieces of sashimi, 5 pieces of sushi and a Hi-Life roll	26.95

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

SHELLFISH

OYSTERS ON THE HALF SHELL	market
CLAMS ON THE HALF SHELL	market
HI-LIFE PLATTER 1/2 doz. clams, 1/2 doz. oysters, Spicy Tuna Roll, Hi-Life Roll	34.95



GOOD DEALS

Living the Hi-Life Everyday

MON / TUES

SUSHI 50%
AND SASHIMI

WED / SUN

3 FOR 2
STARTERS & SUSHI ROLLS
Lowest priced starter or roll is FREE

KIRIN PINTS \$5

PITCHER DEALS
Coors Light 11⁹⁵ All Other 14⁹⁵

CHAMPAGNE COCKATILS \$5

ANY BOTTLE OF VINO
SUBTRACT \$5

THURS / SAT

ALL **STEAK, CHOP**
OR **SEAFOOD** ENTRÉES

Include a Complimentary House
Martini or Cosmo!

FRIDAY

BASKET OF
SHRIMP & CHIPS

Stella Artois battered shrimp
with hand-cut fries and malt vinegar

\$15⁹⁵

COSMOS \$5

\$5 DOMESTIC PINTS

2 FOR 1 FROZEN SHOTS

BEER OF THE MONTH \$5 PINTS

AVAILABLE IN RESTAURANT ONLY
NOT AVAILABLE FOR DELIVERY

Hi Life
BAR AND GRILL
477 Amsterdam Ave. at 83rd St.
212-787-7199

TO GO MENU
FAST FREE DELIVERY
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- \$20 MIN FOR CREDIT CARDS -

