

*"Downtown Goes Uptown."*  
-NEW YORK

**HI LIFE**  
**STEAKS ♦ CHOPS ♦ SUSHI**

DINNER COCKTAILS  
BRUNCH LATE NIGHT

**STARTERS**

EDAMAME with English sea salt, or Wok-charred with garlic	9.95	MIXED GREEN SALAD w/ choice of: vinaigrette, ginger-citrus & blue cheese dressing	9.95
STEAMED ARTICHOKE with drawn lemon butter or balsamic vinaigrette	11.95	SOUP OF THE DAY	P/A
STEAMED DUMPLINGS shrimp or vegetable with soy-ginger sauce	9.95	TRADITIONAL CAESAR SALAD	12.95
CRISPY CALAMARI with spicy red sauce	17.95	WARM GOAT CHEESE SALAD with goat cheese crostinis	14.95
NACHOS GRANDE w/ guacamole and pico de gallo	17.95	SLICE OF ICE iceberg wedge, pancetta, tomato, blue cheese dressing	14.95
SPICY BUFFALO WINGS w/ blue cheese dressing	16.95	TURKEY CHILI with tortilla chips	16.95
IDAHO POTATO SKINS w/ cheddar & bacon	9.95	GUACAMOLE with salsa & tortilla chips	13.95
CHINATOWN SPARERIBS marinated pork ribs	15.95	TRIO OF MINI-CHEESE BURGERS	14.95
CRISPY THAI WINGS with ginger, soy, cilantro and jalapeño	15.95	POPCORN SHRIMP w/ spicy marinara sauce	15.95
QUESADILLA SUPREME grilled chicken breast, three cheeses & guacamole	15.95	THIN-CRUST PIZZA MARGHERITA toppings: onions, black olives, mushrooms \$1 pepperoni, chicken, pancetta \$2	14.95
PIGS-IN-A-BLANKET with Dijon mustard	11.95	TUNA SASHIMI & AVOCADO SALAD with cherry tomatoes, mixed greens and ginger citrus dressing	22.95

**FLAME-GRILLED HAMBURGERS DELUXE**

*All sandwiches and burgers served with **hand-cut fries**, pickle, lettuce & tomato  
All burgers available as **Turkey** or **Veggie** (For Sweet Potato fries, add \$1)*

HAMBURGER DELUXE with cheese, sauteed onions add 1.00 with bacon, avocado add 2.00	18.95	SIRLOIN STEAK SANDWICH on french bread with mozzarella, sautéed onions & horseradish mayo	21.95
CALIFORNIA BURGER with avocado and cheese	20.95	CHICKEN GRILLED SANDWICH with Swiss Cheese, Lettuce, Tomato & Pesto Sauce	18.95
GRILLED PORTOBELLO "BURGER" Portobello mushroom with goat cheese and carmalized onions	19.95	HI-LIFE BURGER topped with crispy pancetta, cheddar and pickled ginger and served with spicy sushi sauce on the side	20.95

**SUSHI & RAW BAR**

Sushi Rolls, Sushi & Sashimi, and Sushi Bar Combos

Clams & Oysters on the Half Shell

*Inquire within for details*

## BIG PLATES

*Those entrées with an asterisk \* are served with two sides: Mashed, Baked Potato, Hand-cut Fries or Brown Rice and Creamed Spinach, Steamed Vegetables or Carrots with Dill*

<b>Roasted Rosemary Chicken</b> oven roasted 1/2 chicken and herbs	21.95*
<b>Pork Chops</b> with Homemade Apple Sauce	27.95*
<b>Argentinean Skirt Steak</b> flame-grilled, with a Chimichurri herb sauce, served with fries	28.95*
<b>NY Shell Steak</b> <i>Flame-Grilled</i> 10oz or 14oz Sirloin	28.95/33.95*
<b>Steak Au Poivre</b> 10oz or 14oz Sirloin with a Peppercorn, Brandy and Light Cream Sauce	28.95/33.95*
<b>Lemon Chicken</b> Boneless Breast sautéed in Lemon, White Wine and Herbs	23.95*
<b>Yellow Fin Tuna</b> seared Filet Mignon of Tuna with Brown Rice and Vegetables	27.95*
<b>Broiled Atlantic Salmon</b> with ginger, scallions, lemon and white wine	26.95*
<b>Hi-Life Pot Pie</b> traditional recipe with Chicken and a pinch of Curry Powder	17.95
<b>Oriental Vegetable Stir-Fry</b> with Brown Rice (add Sliced Chicken Breast)	17.95/21.95
<b>Chicken Fajitas</b> with Guacamole (available Thurs & Sat.)	22.95

## BIG BOWLS: PASTAS & SALADS

*For Pasta Bowls select: Penne, Spaghetti or whole wheat Penne*

<b>Mussels &amp; Fries</b> Steamed w white wine, garlic & herbs with hand cut fries	21.95
<b>Penne</b> with <b>Grilled Chicken</b> Peas, Sundried Tomatoes and Broccoli in a light tomato cream sauce	24.95
<b>Spaghetti Primavera</b> Assorted Garden Vegetables in Oil and Garlic or Plum Tomato Sauce	19.95
<b>Seafood Pasta</b> with Shrimp, Calamari & Mussels with choice of sauce: white wine, lemon & herbs or spicy Fra Diavolo	26.95
<b>Pad Thai with Chicken</b> (or Shrimp add 3.00) Thai Noodle Dish with Peanuts and Thai Seasoning	23.95
<b>Penne Puttanesca</b> Tomatoes, Black Olives, Garlic, Capers & Fresh Basil (Anchovy optional)	19.95
<b>Grilled Chicken &amp; Citrus Salad</b> Chicken Breast, Citrus Slices, Walnuts and Mixed Greens	22.95
<b>Et Tu Brutus</b> Big Caesar with blackened <b>Chicken</b> (or shrimp, add 3.00) with cherry tomatoes, pickled hearts of palm and olives	22.95
<b>Hi-Life Salad</b> 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	20.95
<b>Chopped Cobb Salad</b> with Grilled Chicken, Bacon, Avocado, Blue Cheese, Tomato, and Hard Boiled Egg over Chopped Mixed Greens	22.95
<b>Nicoise Salad</b> traditional recipe with Sliced Seared Tuna	25.95
<b>Crispy Crunchy-Veggie Salad</b> with Chopped Carrots, Celery, Cucumber, Hearts of Palm, Radish, Chick Peas and Croutons over chopped Romaine (with Blue Cheese or House Dressing)	20.95

## THE HI-LIFE STORY

*Hi-Life was established in 1991 in the tradition of "Restaurant & Lounges" that flourished in big American cities in the 1930's. Typically, these places had neon signs designed to catch the attention of customers passing by Faster than Ever in their shiny new automobiles ... and once inside, an atmosphere of "working class elegance" was created with comfortable banquet and booth seating, a solid mahogany bar, the "perfect" martini, and a great meal at a smart price ... and to enhance that tradition we use the freshest ingredients and offer super healthy options ...Now that's the Hi-Life!*