

SANDWICHES

*served till 6pm
**vegetarian option available

Club sandwich 🍴🥚🥚
- chicken, bacon, egg,
cheese,
lettuce & mayo
€9.50

Grilled Cheese sandwich 🍴🥚
-cheddar and emmental
cheese melt with buttery crust
€ 6,50
*add bacon for extra 1,50€

Cajun chicken sandwich 🍴🥚🥚🥚
- chicken, lettuce & cajun mayo
€ 8.95

B.L.T. sandwich 🍴🥚🥚
- bacon, lettuce & tomato
€ 7.95

Prawn cocktail sandwich 🍴🥚🥚🥚
- prawns, apple, lettuce & cocktail sauce
€ 8.95

WRAPS

*vegetarian option available

Hi-Life Wrap 🍴🥚🥚🥚
- chicken goujons, bacon, lettuce,
cheese, spicy mayo
€ 11.50

Heart attack wrap 🍴🥚🥚
- sautéed beef, cajun chicken,
cheddar cheese, caramelized onions & onion rings
€ 14.50

Texas B.B.Q. 🍴
- sautéed beef in B.B.Q. & salad
€ 12.50

BURGER

**Nashville Chicken
Burger** 🍴🥚🥚🥚🥚
- crispy chicken, pickle & coleslaw
€ 16.50

Tower Burger 🍴🥚🥚🥚
-double 100% beef, bacon,
egg, cheddar cheese,
lettuce, tomato & onion rings
€ 18.50

Hi-Mac Burger 🍴🥚🥚🥚🥚
- 100% beef, bacon, cheese,
onions & mac sauce
€ 16.50

Fish Fillet Burger 🍴🥚🥚🥚🥚
- 100 % cod fillet, lettuce & tartar sauce
€ 16.50

Vegie Burger 🍴🥚🥚🥚
- vegetable patty, lettuce & tomato
€ 12.50

*all Sandwiches, wraps & burgers are served with chips

SALADS

Hollywood 🍴🥚🥚🥚🥚
- shrimps, fresh cheese, nuts,
& cocktail sauce
€ 14.50

Marina Puerto Calero 🍴🥚🥚🥚🥚
- tuna, shrimps & cocktail sauce
€ 14.50

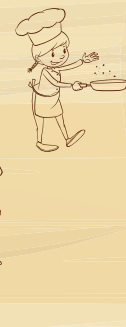
Brooklyn
- sautéed beef in B.B.Q. chili
€ 15.95

Cajun Chicken 🍴
- spiced chicken & B.B.Q. dressing
€ 12.50

Warm Goat Cheese Salad 🍴🥚
€ 12.95

KIDS MENU

Cheeseburger & chips 🍴🥚🥚 € 12.50
Chicken burger & chips 🍴🥚🥚 € 9.95
Chicken nuggets & chips 🍴🥚🥚 € 8.50
Chicken breast & chips € 9.95



Grilled Fillet steak & chips € 18.00
Penne Napolitana 🍴 (gluten-free available) € 8.50
Spaghetti Bolognese 🍴 (gluten-free available) € 12.50



APPETIZERS & BITES

✓ Garlic bread 🍴 € 3.50
✓ Garlic bread with cheese 🍴🥚 € 4.50
✓ Bruschetta 🍴🥚 € 4.95
✓ Fried Cheese with cactus marmelade 🍴🥚🥚 € 7.50
Sizzling garlic prawns 🍴 € 12.50
✓ Sizzling garlic mushrooms € 9.50
Prawns & mushrooms in garlic mojo 🍴 € 14.50
Fish croquettes 🍴🥚🥚🥚 € 10.95
Ham croquettes 🍴🥚🥚 € 10.95
Zamburinas (scallops) 🍴 € 15.50

Prawn cocktail 🍴🥚🥚 € 12.50
Deep fried king prawns with sweet chili dip 🍴🥚🥚🥚 € 14.50
Hi-Life mussels - cooked in sweet chili sauce 🍴🥚🥚 € 13.50
Mussels in white wine & garlic 🍴🥚 € 12.50
Lime & chili chicken glazed with honey 🍴🥚🥚 € 11.50
Chicken goujons with garlic mayo 🍴🥚🥚 € 11.50
✓ Caprese Salad 🍴 € 9.50
Black angus fillet carpaccio 🍴🥚 € 18.50
Spicy chicken tenders with honey 🍴🥚🥚🥚 € 12.50
Smoked Salmon from Lanzarote 🍴🥚🥚 € 16.50

EXTRAS

✓ Canarian Potatoes € 6.50
✓ Sweet Potatoes € 5.50
✓ Papas Bravas € 8.50
✓ Chips € 4.50
✓ Onion Rings 🍴 € 6.50

RICE AND PASTA

*gluten-free options available

✓ Vegetable Risotto 🍴 € 14.50
Risotto Mar y Monte 🍴🥚 € 18.50
- chicken, mushrooms & prawns
Salmon Risotto 🍴🥚 € 18.50
Ricotta and spinach ravioli with salmon 🍴🥚🥚 € 16.50
King Prawn Alfredo 🍴🥚🥚 € 18.50
- penne in creamy basil & cheese sauce

✓ Spaghetti Napolitana 🍴🥚 € 13.50
with Mozzarella Fior di Latte
✓ Penne Arrabiata 🍴 € 13.50
- add shrimps for 5.00€ 🍴
Cajun chicken Penne 🍴🥚 € 14.95
Pepper Steak Penne 🍴🥚 € 18.50
- chunks of fillet steak in peppercorn cream

HI-LIFE STEAK SPECIALS

Texas Skewers € 26.95

- steak, chicken & chorizo skewers in B.B.Q. sauce

New York Strip with caramelized onion cream € 24.95

-10 oz top loin sirloin with creamy sauce 🍴

Sirloin steak € 20.95

- add choice of sauce € 2.95 mushroom 🍴🥚 / peppercorn 🍴🥚 / gorgonzola 🍴🥚 / cognac 🍴

Fillet steak € 27.95

- add choice of sauce € 2.95 - mushroom 🍴🥚 / peppercorn 🍴🥚 / gorgonzola 🍴🥚 / cognac 🍴

Fillet steak Hi-Life € 32.00

- fillet steak topped with caramelized onions, crispy bacon & peppercorn sauce 🍴🥚

Fillet steak Texas € 32.00

- bacon wrapped steak, cheddar sauce 🍴, fried onions 🍴 & B.B.Q. sauce

Fillet steak Tijuana € 32.00

- fillet steak in chipotle-tequila sauce, cheddar cream 🍴 & jalapeños

Fillet Steak "Café de Paris" € 29.95

- fillet steak with garlic & fine herbs butter 🍴🥚

Rib Eye Steak € S/M

All our steaks are 100% certified Black Angus



**Hi-Life mixed Grill
€ 27.00 p.p.***

- selection of our prime cuts of meat,
poultry, steaks, ribs & chorizo served
with your choice of sides

* price per person, min. 2 people

MEAT / CHICKEN

Chicken New York Hunter € 17.95
- 100% chicken breast grilled with bacon,
cheese & B.B.Q. sauce 🍴
Grilled or Breaded Chicken with choice of sauce 🍴🥚 € 15.95
peppercorn 🍴🥚 / mushroom 🍴🥚 / gorgonzola 🍴
Chicken Parmigian 🍴🥚🥚 € 18.50

Stroganoff - chicken or beef 🍴🥚 € 15.95/18.95
Fajitas - chicken or beef € 16.95/19.95
B.B.Q. ribs € 18.95
Braised Lamb Shoulder € 28.95

Salmon in butter lemon sauce 🍴🥚 € 18.95
Salmon "Jack Daniels" 🍴🥚 € 21.95
- smooth whiskey cream
Beer batter cod 🍴🥚 € 18.95
Hi-Life cod 🍴🥚 € 21.95
- topped with caramelized onions & crispy bacon

FISH

Chef's style cod 🍴 € 20.95
- served with piquillo peppers, onions & canarian potatoes
Seabass in shrimp and vegetables cream 🍴🥚🥚 € 21.95
Seabass in butter lemon sauce 🍴🥚 € 19.95
Seabass Marinera 🍴🥚🥚 € 21.95
King prawns in cognac 🍴🥚 € 26.95

🍴 GLUTEN 🥚 CRUSTACEANS 🍴 MOLLUSKS 🍴 EGGS 🍴 FISH 🍴 SULFITES 🍴 SOYBEAN 🍴 MILK 🍴 NUTS 🍴 MUSTARD 🍴 SPICY

**Please inform the staff about any allergies so we can ensure your safety

7% IGIC not included