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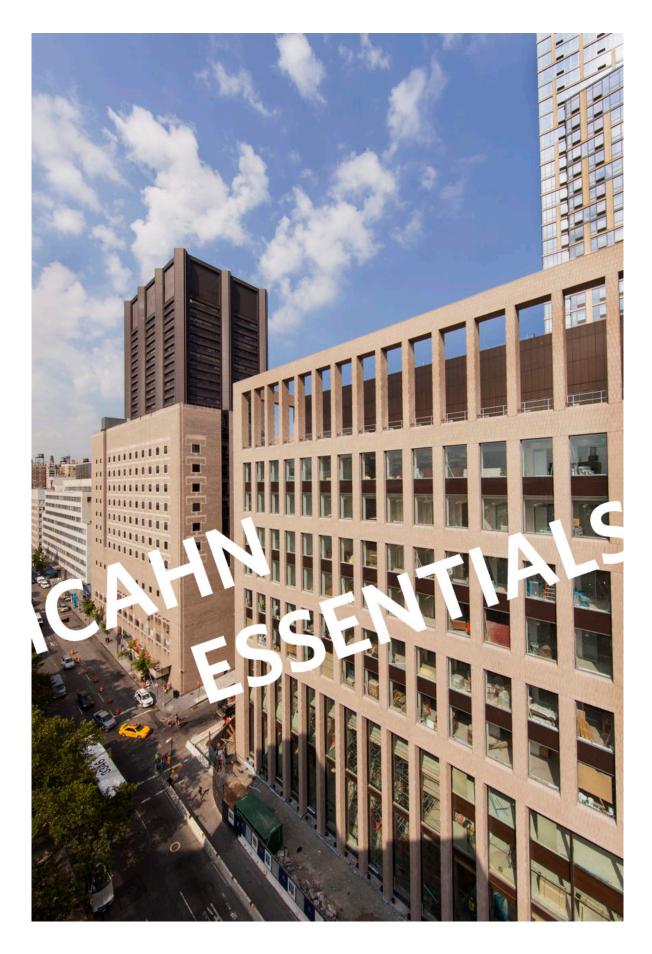
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MAIL.

POST OFFICE (3rd Ave between E 90th and 91st Sts)

Even in this glorious brave new digital age you might need to occasionally send someone some good old-fashioned paper. Or vinyl records. You never know! This is where you can go to do so. Note that they are closed on Sunday, and have abbreviated hours on Saturday. You can find their hours on their website.

IUST NEED SOME STAMPS?

The small pharmacies on Madison Ave between 97th and 98th, as well as the Duane Reade at 102nd will sell you small booklets of stamps. There are outgoing letter mailboxes on the north east corner of East 99th St/Madison Ave and within the doorway of Aron Hall. There is a FedEx box in Annenberg by the escalators down to the basement.

RECEIVING A PACKAGE AT ARON HALL

The concierge at Aron Hall will sign for all packages delivered to the building and log it into the system, which will send you a notification via email. You can also see if you have received a package by checking the monitor in the Aron Hall lobby. Just notify the concierge that you have received a package, and they will retrieve it for you. Note, USPS deliveries addressed to Aron Hall are first processed by the Sinai mail room and may take an extra day to make it to Aron Hall even if the tracking states that it has been delivered.

BANKING

All the major national banks have branches within fairly easy access of Sinai. If you haven't signed up for a bank account at any yet, or your bank doesn't have a presence in NYC, most students and New Yorkers would recommend Chase. Not only do they have by far the most ATMs in the city (including in every Duane Reade pharmacy), they also have the ATMs in the hospital.

CHASE

The most ATMs and branches in NYC, including the hospital ATMs, makes them the clear winner if you are signing up for a new account. The hospital ATMs are located near the cafeteria; go behind the stairway to the second floor of Guggenheim Pavilion, and you'll find the two ATMs. The nearest full-service branch (where you'll need to go to sign up or talk to a banker) is at 2nd and 93rd.

CITIBANK

Also a large NYC bank, Citibank has many locations around the city. They have an ATM-only branch at 97th and Madison and a full-service branch at Madison and 91st.

HSBC

The World's Local Bank is fairly local to Sinai. HSBC has a fairly decent presence in NYC and has banks in almost every major city across the globe. Their great advantage is global fee-free withdrawals at any HSBC branch. But they're not as big in NYC as either Chase or Citibank, so if you don't use them already and don't plan to do a lot of international travel, probably best to stick with one of the others. The nearest branch is at 90th and Madison.

BANK OF AMERICA

While they have a much smaller presence in the city than the first two banks, they do have an ATM-only branch at Madison and 96th and a full-service branch at Lexington and 86th.

TD BANK

Similar to Bank of America, they have a smaller presence in the city. There is a full-service branch at 3rd and 96th.

WELLS FARGO

Although they have a fairly decent presence throughout the city, they are absolutely the smallest of the major four banks and the least convenient to Sinai. The closest branch is at 3rd Ave and 78th.

HEALTH

MEDICAL SUPPLIES

The small pharmacies on Madison will again have most simple items and equipment, e.g. bandages and Tylenol. For better selection but higher prices, try the CVS on 97th St and Lexington Ave.

FILLING PRESCRIPTIONS

The cheapest place to go if they stock your medication is the employee pharmacy at Mount Sinai, which is on the MC level. Enter Annenberg, go down the escalator north of elevators, and stay to your left until you spot signs for the Pharmacy. If they don't have it, you should then try the CVS on 97th and Lex, the pharmacies on Madison south of the hospital, or the Duane Reade at 102nd and Madison.

DOCTOR'S VISITS

Student Health can accommodate most physical exams, illness visits, vaccine needs, and travel consultations. There is no co-pay, and students are seen regardless of insurance status. An appointment can be made via the MARC system on Blackboard, or you can call 212-241-6023 during office hours. For a primary care physician, you can contact Primary Care Associates or Internal Medicine Associates to select among Sinai doctors, or use ZocDoc to find other doctors in the city that accept your insurance. The student healthcare plan should also allow you to contact and make direct appointments with Sinai specialists.

STAYING ACTIVE

ARON HALL GYM

There is a gym located on the first floor of Aron, the student residence hall. It has a wide array of cardio and weight-lifting equipment and is open 24 hours/day. Some days you will spot Dr. Charney, the Dean of Icahn, bench-pressing like a boss here. There is also a "stretch" room and dance/yoga studio across the hall. If that's not enough for cardio, check out the newly renovated basketball courts located at the south side of Aron Hall.

92nd STREET Y (Lexington Avenue and 92nd St)

Icahn students can sign up for daily passes to the 92nd Street Y here. Your pass gives you access to all the facilities, which include a large cardio room, weight lifting room, a pool, and even indoor basketball courts! Also, the Y holds weekly classes, which range from yoga to Pilates to Zumba and more. They also have a steam room and a sauna in the locker rooms.

STEEP ROCK BOULDERING (97th St and Lexington Ave)

A fun and new way to stay in shape. The courses constantly change, so you won't get bored after visiting a couple times.

CENTRAL PARK

Central Park is the largest of green spaces in Manhattan, stretching north from the Midtown neighborhood at 59th St to 110th St, and from 5th to 8th Avenues. Walk or run around the Central Park reservoir, lake or any of the trails, or join the Icahn running club for group runs. You can also bike—see below.

BIKING

Biking can be a fast, cheap, and fun way to get around the city! Just be sure to be careful if you're not in an area with bike lanes. Many students like to buy used bikes if they think they'll bike a lot. Additionally, as of spring 2013, NYC has caught up with most European cities and added a bike share program called Citi Bike. Sign up for \$95 a year, and get unlimited 45 minute rides! Unfortunately, however, bike stands are currently located exclusively below 61st St.

RANDALL'S ISLAND

If you have some downtime: consider taking the 103rd St. footbridge to Randall's Island and enjoying putt-putt golf or utilizing the many soccer and baseball fields here.

ZOG SPORTS

Zog Sports has intramural sports teams for almost everyone's interests with memberships reimbursed up to 50% by our Alumni Association (your class's Athletic Reps will provide details). Soccer, dodgeball, and lacrosse are popular sports played by Icahn students in this league.

CHELSEA PIERS

In this enormous sports and entertainment complex, located on the piers at 23rd Street and 12th Ave, you can bowl, golf, ice skate, spend an afternoon at the spa, drink at Chelsea Brewing Company, take some swings in the batting cage or go to trapeze school!

RIVERSIDE PARK (BIKING/KAYAKING)

Riverside Park is a park that runs along the west side of Manhattan. The biking (or rollerblading/running/walking) trail runs along the side of the Hudson River, allowing you to zoom from Battery Park all the way to Fort Tryon (~204th St.) with only a smattering of traffic lights in your path. Take a bus over there and rent a bike, or ride your own to and through the park! In the summer, kayaks can be rented for lessons in an enclosed part of the Hudson River.

GROCERIES

GOURMET GARAGE (96th and Park Ave.)

Half grocery store, half gourmet store. Expect higher prices on some items here. Produce quality is above average here.

ASSOCIATED SUPERMARKET (96th St and Lex Ave.)

The most confusingly laid out grocery of all time, but learn to navigate those narrow aisles and you will find heavily discounted generic brands (e.g. Super A) in many categories. Produce quality can be a bit of a letdown.

LANE FARM'S MARKET (97th St and Madison Ave)

The closest supermarket to Aron Hall. Selection is quite limited and prices are slightly higher than Associated Supermarket. Produce can be hit-or-miss here.

FAIRWAY MARKET (86th St and 3rd Ave)

Quality selection and decent prices a short walk away. They also have cheap delivery.

SUPER FI EMPORIUM (104th St and Lexington Ave)

Larger than Associated and closer than Fairway. Produce is decent here.

FRESH FROM THE FARM (96th St and Lexington Ave)

Go here for some decent produce on your way back from Associated.

WHOLE FOODS MARKET (Columbus Ave and 97th St)

Prices here are among the most competitive in the city, and the two-floor store is enormous and has pretty much everything you'd expect in any Whole Foods. The Columbus Square area where it is located also has many other stores including Michael's, TJ Maxx, and Crumbs. Just take the M96 crosstown or walk across the park if it's nice outside; it's about 15 minutes either way.

COSTCO AND TARGET (East 117th St by the FDR)

For those mega-shopping trips. Get here from Aron by either NYC taxi (\sim \$10) or subway to 116th St and walking 4 of the long blocks. A taxi stand will bring you and your wholesale paper towels and frozen goodies back to Aron for about \sim \$9.

TRADER JOE'S (72nd and Broadway, 14th St and 3rd Ave, or 23rd St and 6th Ave.)

Widely known for their selection of organic and select products, most of which are very well priced. Get here from Aron by taking the M96 crosstown bus to the 96th St subway station and taking the 1, 2, or 3 trains to 72nd St.

MOUNT SINAI GREEN MARKET (99th St and Madison Ave.)

Open Wednesday's June 25th to November 26th from 8am - 5pm with vegetables, fruits, and farm fresh products.

K&D WINE AND LIQUORS (96th and Madison Ave)

Has decent prices for liquor in the area.

VINYL WINES (Lex Ave between 96th and 97th St)

For a unique selection of wines.

WEST COAST WINE AND LIQUOR (Lex Ave between 93rd and 94th St.)

There is nothing at all West Coast about this place, but it may eke out better deals than K&D on certain products.

MISTER WRIGHT FINE WINES & SPIRITS (89th St and 3rd Ave)

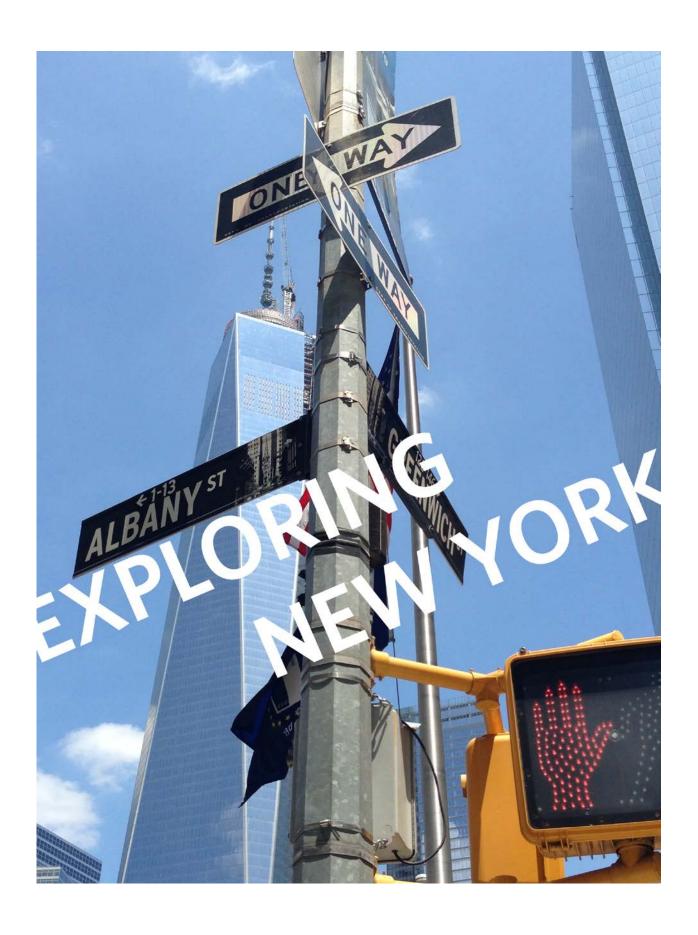
One of the largest wine and liquor stores within walking distance. Prices are competitive for the area.

WAREHOUSE WINES AND SPIRITS (Broadway at Astor Pl.)

So finals are over; need to restock the bar? This spacious store by NYU has selection and prices rarely seen in Manhattan.

NOTE ABOUT BEER

Due to a NYC law, stores are prohibited from selling both beer and liquor, so you won't find any beer being sold at the liquor stores. You can find smaller selections of beer (you won't find many craft beers) at the aforementioned grocery stores or any CVS or Duane-Reade.



FUN, SIGHTSEEING, AND DEALS

New York City. The crossroads of the world. You'll quickly find that NYC offers a wealth of opportunities in every realm (nightlife, arts, sports, and much more!). The best way to make sure you don't get overwhelmed is to find things you are already interested in! Learn the NYC grid system for getting around – it will become your best friend. To learn the subway system, some students have recommended HopStop, which has a mobile app for transit directions. Google and Apple Maps are also great to get to know the city.

Check out the following websites for menus, reviews and deals for everything from restaurant and bar specials, to spa discounts, health and fitness discounts (such as yoga, dance classes, boot camps, etc.), tours and more:

- Yelp.com
- <u>Timeout.com/NewYork</u>
- <u>Livingsocial.com</u>
- NYMag.com
- <u>Seamless.com</u>
- Menupages.com
- OpenTable.com

CLASSIC NEW YORK ACTIVITIES

You know, the touristy stuff. These are great things to try with friends from out of town...

BROOKLYN BRIDGE/GRIMALDI'S

Take the 6 to Brooklyn Bridge; walk or bike across, and eat pizza at <u>Grimaldi's</u>, one of New York's oldest pizzerias, on the Brooklyn side.

SOHO

Go shopping in SoHo (the area <u>So</u>uth of <u>Ho</u>uston); take the 6 train towards City Hall and get off at Spring Street. Also a great neighborhood for celebrity sightings!

STATEN ISLAND FERRY/STATUE OF LIBERTY

Take the Staten Island Ferry (take the 4/5 to the Bowling Green stop). Enjoy a free ride across the New York Harbor! This ferry usually serves commuters traveling between Staten Island and Lower Manhattan, but is a great way for everyone else to see New York City's working waterfront (and the Statue of Liberty).

TOP OF THE ROCK

Enjoy panoramic views of NYC at the top of the Rockefeller Center (generally better and less touristy than the Empire State Building). The main entrance is located on 50th St between Fifth and Sixth Avenues (take the 6 to 59th St and walk). There is also a museum and other attractions to enjoy before you take the elevator to the observation deck and enjoy a dramatic view of New York City that you just can't get anywhere else.

NYC RESTAURANT WEEK

For approximately three weeks in the summer and winter, many top New York restaurants will offer 3-course, pre-fixed lunch and dinner menus for \$24.07 and \$35, respectively. Make sure to make reservations at the most popular places far in advance. This is a great way to experience some

of the top chefs in the city (and the world!) while still on a student's budget. But even if you can't make it, lots of NYC restaurants offer ~\$25 meals year-round at lunch!

PERFORMING ARTS

BROADWAY

Plays and musicals are performed in the 40 professional theatres located in the Theatre District centered along Broadway. Check out the full listings online, at www.broadway.com, and make sure to get discount tickets from the Mount Sinai Recreation Office (below)! You can also do Student Rush tickets, and Times Square has discounts up to 40% off for same-day Broadway shows at the TKTS booth by the red stairs. Check out each show's website for more information.

LINCOLN CENTER

NY Philharmonic, Metropolitan Opera, New York City Ballet and other (local and visiting) arts groups!

CENTRAL PARK

In addition to doing the "normal" park activities, you can also see concerts or shows for free in the summer. Some of the best-known ones:

- a) Concerts at Summerstage
- b) Shakespeare in the Park
- c) Good Morning America concert series

RECREATION OFFICE

Mount Sinai's Recreation Office (19 E 98th St, Room 2F) has fantastic discounts to Broadway shows, sports tickets (Mets, Yankees, Knicks, US Open and more), hotels, spas, health clubs and museums. They also sell discounted movie tickets (\$6-\$8, depending on which theater and when the movie came out). They also usually have some nice giveaways when you drop by to buy tickets!

MISCELLANEOUS

- Get free tickets to attend a TV taping of The Daily Show, The Colbert Report or Saturday Night Live. Generally all you have to do is stand in line but check their websites for more information.
- Visit Comedy Cellar, Upright Citizens Brigade or countless other stand-up/improv comedy gigs.
- Visit <u>bowerypresents.com</u> for listings of great concerts all around NYC.

MUSEUMS

MUSEUM MILE

Mount Sinai is on Museum Mile, a stretch of 5th Avenue that includes many of the top art and history museums in the city. Many students suggest going through the museums in the following order:

- Metropolitan Museum of Art
- Guggenheim Museum
- Museum of the City of New York
- The Frick Collection
- Museo del Barrio
- Jewish Museum

Note: Admission to the some New York museums (Met and Natural History) is by "suggested donation." Others, such as the Museum of the City of New York, are free with presentation of an Icahn ID. Most of the museums with an entrance fee have a weekly afternoon/evening where it is waived: check online for details.

THE MUSEUM OF MODERN ART (MoMA)

MoMA has one of the most important collections of modern and post-modern art in the world as well as an excellent contemporary collection. It also generally gets excellent temporary exhibitions. If you've ever taken an art history class, chances are that you looked at works in MoMA. Enter on either 53rd or 54th Street between 5th and 6th Ave. To get there, take the 6 down to either 51st or 59th St and walk a few blocks.

THE WHITNEY MUSEUM OF AMERICAN ART

The Whitney has an excellent American collection as well as constantly changing temporary exhibitions. The space is a bit small, but get there while you can: they're moving down to the High Line in 2015, and the building is unique. Plus, it's located 75th and Madison!

THE CLOISTERS MUSEUM AND GARDEN

The Cloisters, the branch of The Metropolitan Museum of Art devoted to the art and architecture of medieval Europe, was assembled from architectural elements, both domestic and religious, that date from the 12th-15th centuries. The building and its gardens are treasures in themselves, effectively part of the collection housed there. Take the M4 bus on Madison Avenue to the last stop—one of the best scenic rides of Upper Manhattan.

THE AMERICAN MUSEUM OF NATURAL HISTORY

Located between 77th and 81st Sts, on Columbus Ave, the AMNH has many fascinating rotating exhibits (recent ones focused on the brain and bioluminescent creatures) and one of the largest collections of specimens (32 million!) in the world. It also hosts "One Step Beyond," a monthly series with live music and dancing.



DINING

No place has food like NYC! If you haven't already spent time in the city, you will love the sheer diversity of options available as well as the creativity and sometimes even the prices! You will absolutely not go without great food options during your time at Icahn!

Icahn students tends to spend a lot of their time around the school, but we also go downtown. In that vein, we've separated restaurants by proximity.

To help you find a restaurant around Sinai, we are using the following codes: T = take-out, D = delivery, H = healthy options, C = café/no need to order a full meal, S = order on Seamless, L = good study spot

NEAR MOUNT SINAI

EAST HARLEM CAFE (East 104th at Lex)

A true Puerto Rican influenced café, locally owned and operated! Free WiFi, good coffee, and a friendly vibe for studying.

T / C

CHAMPIGNON (Madison Ave between 96th and 97th Sts)

Great sandwiches, salads, and coffee. Healthy options and decadent desserts. They have a few tables, so it tends to get busy, but during off-hours can be a nice place to study.

T / H / C / L

BLOCKHEADS (81st St and 2nd Ave)

Cheap margaritas (©) and Tex Mex, 'nuff said.

T / D / S

CILANTRO (89th St and 2nd Ave)

Mexican. Monday nights are fajita nights—great discounts!

T / D / S

EL PASO TAQUERIA (104th and Lex as well 97th between Madison and Park)

There are two of these Mexican places: on the southwest corner is the takeout place, while the one on the southeast has a larger, fancier dining area. A traditional local destination for authentic Mexican dishes and margaritas.

T / D / S

SARABETH'S (Madison Ave between 92nd and 93rd Sts)

Excellent brunch spot, with heavenly baked goods. Check out the pumpkin waffle, the ricotta-lemon pancakes, or the eggs Benedict! Treat yourself here one morning, you won't regret it.

T / D / H / C / S

BARKING DOG (94th St and 3rd Ave)

Another fine brunch option, perhaps a little more cozy, laid back, and less expensive than Sarabeth's.

T / D / H

EFFY'S CAFE (92nd St and 3rd Ave)

A more spacious café than Champignon with similarly delicious sandwiches, albeit a short walk away. There is free WiFi and many tables, which makes this a good study or writing destination. T / D / H / C / S / L

EL AGUILA (104th and Lex Ave)

Every neighborhood worth its salt, no less Spanish Harlem, needs its dirt cheap burrito and taco joint. Don't be put off by the silly décor and the crowd of Spanish-speaking patrons: you will eat your fill and enjoy an array of self-serve salsas for \$6 or less, and it's open 24/7. A great place for weaning yourself off of that nagging Chipotle addiction.

T / D / S

LUPITA'S (Lex Ave between 101st and 102nd)

A true hole in the wall East Harlem gem. More expensive than El Aguila but the portions and quality make it a great visit. They have around four seats if you want to dine in, but most take out. Try the enchiladas, the chorizo, and fantastic guacamole.

T / D

PLAZA CAFÉ DELI AND ICAHN SALAD (Mount Sinai Guggenheim Pavilion 1st floor and Icahn Building 1st floor, respectively)

Don't forget that Mount Sinai has its own great lunch deals if you need to grab something quickly! Premium sandwiches are built to order with fine meats and ingredients for ~\$5.25 with your ID, and healthy salads topped with meat can be had for less than \$5. There's also sushi and kosher items.

T / H / C

THREE GUYS DINER (96th and Madison Ave)

A typical New York diner with hundreds of menu items, and prices to match Madison Ave and smallish booths. Expect decent portions of American, Greek and Italian fare. Good for breakfast, small groups, or taking out large groups with picky eating preferences.

T / D / H / C / S

ATOMIC WINGS (2nd Ave between 94th and 95th)

Hey, it's a chain, but sometimes you gotta have those spicy wings. Visit this little wing shop and load up on buckets of 50 wings apiece, with special flavors ranging from Teriyaki to Jerk BBQ. T / D / S

BAGEL EXPRESS (2nd Ave between 93rd and 94th Sts)

You want some solid New York bagels? Maybe a dozen with some lox and schmear to get you through those tiring 9am lectures? This is the place to load up. They deliver too: see $\underline{GrubHub}$. T / D / H / C / S

THE KIOSK (116th and Park Ave.)

Small, intimate Moroccan place that offers hookah as well.

T / D

MOUSTACHE (102nd and Lexington Ave)

This is Middle Eastern place is a fine destination for falafel, kebab plates, babaganoush, and freshly baked pitas with delicious hummus. Also has WiFi and accommodates patrons studying/writing in the afternoon.

BRICK LANE CURRY (93rd and 3rd Ave)

Recently opened and featured on Man vs. Food. Some of the finest flavored English-style curries to be found in the city: there are a dozen available with any protein option, and all are worth trying once. If you want to experience a wildfire in your mouth, take the Phaal Curry Challenge, which comes with a certificate and a free beer at the far end of perhaps the most insanely spicy dish to be served in the city.

T / D / S

JOY BURGER BAR (Lexington Ave and 100th St.)

East Harlem's own burger joint serving up great burgers, sandwiches, salads, and thick milkshakes. T $\,/\,$ D $\,/\,$ C

CHINATOWN EAST (3rd Ave and 92nd St.)

All you can eat sushi and all you can drink for roughly \$40 per person including tax and tip: a popular place for sake bombing outings, with a divey ambience good for large groups. T $\,/\,$ D

PIO PIO (91st St and 1st Ave)

Cheap Peruvian cuisine with a green sauce to die for! T $\,/\,$ D

SHAKE SHACK (86th St and Lexington Ave.)

One of the more famous New York burger joints, with a flagship in Madison Square Park (23rd St and 5th Ave). Try the Shack Stack, combining a cheesy portabella with a juicy burger patty. T / C

ENTHAICE (90th St and 3rd Ave.)

Delicious local Thai restaurant. Some students have been known to order dinner from here 4 days in a row on Seamless (especially during finals).

T / D / H / S

BAREBURGER (1st Ave on the corner of 87th St)

An organic burger place close by Mount Sinai that specializes in all types of specialty burgers and sides. A must try if you like to indulge in burgers and fries.

OTTOMANELLI BROTHERS (Lexington and 93rd St)

This is the holy grail of burgers in the area. They are moderately priced, juicy, and have various options for burger combinations. They also have really good food in general. They're also on Seamless for those late night cravings.

T/D/S

FURTHER FROM CAMPUS

Note that some of these places are super popular, so it can be a long wait if you go at peak time without a reservation, e.g., 7pm on a Friday, although not all take reservations.

DINOSAUR BBQ (125th St and Riverside)

Some would call it the best BBQ in NYC! Definitely worth the trip (take the 6 up to 125th St and take any crosstown bus over), but lines are long. Make sure to try the chicken wings!

THE HALAL GUYS (53rd St and 6th Ave)

The chicken and rice at this street cart is world famous and a NYC must. Easily outclassing the Halal fare served by other vendors around the city for a reasonable price of \$6 per plate. There is a kiosk nearby with squeeze bottles of white, red, and barbecue sauce. If you think you can handle the spice, hit the red sauce and prepare for a nuclear mouthsplosion.

ZOMA (113th St and 8th Ave)

Go with a group! Ethiopian food is eaten communally with your hands using large pieces of spongy bread. It's on a short ride on the M2/M3/M4 bus.

CARACAS (7th St and 1st Ave)

Excellent Venezuelan eatery in the East Village featuring scrumptious arepas—Venezuelan sandwiches.

MAMOUN'S FALAFEL (St. Marks Place and 2nd Ave or MacDougal St. and 3rd St.) Best falafel in the city, open 'til 5 AM, and near most of the bars you might hit on a weekend.

KATI ROLL (39th St and 6th Ave or MacDougal St and 3rd St.)

Serves Indian Street food on paratha griddled breads with deals on 2+ rolls, and open late.

THE SUNBURNT CALF (W 79th St and Amsterdam)

An endless brunch and booze deal for \$25 makes this Aussie-flavored gastropub a popular destination for Upper West Siders coming down from a hard night. They can accommodate larger groups if you call ahead; if you are adventurous, try visiting their original location in the East Village, the Sunburnt Cow (E 9th and Ave C).

SMORGASBURG (Brooklyn)

Smorgasburg happens in two locations every weekend: Saturdays at East River State Park on the Williamsburg waterfront, and Sundays at Brooklyn Bridge Park's Pier 5. Both locations are open from 11 am to 6 pm and feature packaged and prepared foods, beverages, and more from purveyors from New York City and across the region, for a total of 75-100 vendors. The markets are always open, rain or shine.

AMY RUTH'S (116th St between Adam Clayton Powell and Lenox Ave)

A great take on classic southern style cooking. Definitely the best place in the area to get the famous Chicken and Waffles.

BARBOUNIA (Park Ave between 19th and 20th St)

This is a MUST go if you want to experience a famous bottomless NYC brunch. For \$18, it's all you can drink for 4 hours. Reservations are a must and should be made at least a week in advance.

E&I LUNCHONETTE (3rd Ave between 73rd and 74th St)

EJ's Luncheonette is known to have the best breakfast on the Upper East Side of New York. Come for Breakfast... Stay for Dinner.

JUNIOR'S CHEESECAKE

Located in various spots throughout the city, the original is still in Brooklyn. They are known for having the most succulent cheesecake in the city.

CRUMBS BAKE SHOP

Also located in various locations in the city, if you are finishing up at a venue and want a desert snack, this is definitely a must try. Known for their cupcakes and coffees.

ETHNIC CUISINE HOTSPOTS

Any of these neighborhoods have a fantastic array of restaurants. Get out there and explore!

- Brighton Beach (B train to the last stop in Brooklyn) for Russian food
- Jackson Heights (Queens) for Indian food
- Flushing (Queens, Union St. and Main St. by the 7 train stop) for Asian (Chinese, Korean, etc.) food
- Chinatown for Chinese food (take the 6 down to Canal Street)
- K-Town (32nd and Broadway) for Korean food and karaoke
- Washington Heights (A, C, or 1 train up to 168th St and north of it) for all types of great Dominican cuisine and nightlife
- Arthur Ave (near Fordham in the Bronx) for the "real" Little Italy experience
- Astoria (N/Q stops between Broadway and Ditmars in Queens) for Greek food

PIZZA

A med student's go to item! So ubiquitous and delicious that we're giving it its own section.

AROUND SINAI:

To help you find pizza around Sinai, we are using the following codes: T = take-out, D = delivery, H = healthy options, C = café/no need to order a full meal, S = order on Seamless, L = good study spot

LITTLE LUZZO'S (96th and Lex, right by the 6 train)

A fine local Italian-owned pizzeria where the TV is usually playing soccer and the margherita (plain) slices are \$2. Also, lasagna slices for \$6.

T / D / C

FAMOUS ORIGINAL RAY'S (95th and 2nd)

Right across the street from Merrion Sq. A respectable New York chain. Open late. Appreciate large slices and chunky toppings here.

T / D

SAN MATTEO PIZZA (90th and 2nd)

For a fine lunch after a nice little walk. Along with fantastic brick oven slices, they have panouzzo here: grilled sandwiches similar to a calzone, but more like a pizza: crispy on the outside and warm and cheesy on the inside.

T / D

UNO CHICAGO GRILL (86th between 2nd and 3rd Ave)

What, are you serious? You're in New York now. You don't need to go to these places anymore. Stop sitting down, waiting forty minutes and tipping for a mushy bucket of dough that calls itself

"deep dish". Turn right around and go to the shining beacon of red and white right across the street called...

T / D

LITTLE ITALY PIZZA (86th between 2nd and 3rd Ave)

Open all night and the fluorescent lights here are brighter than the Sun (E 86th between 2nd and 3rd Av). They have cheap slices here (two slices and a soda for \$5) and you know what, it's done in two minutes and on a late drizzly night when the 6 train kicks you off at 86th because of track work, this stuff really hits the spot before you walk back to Aron.

FURTHER, BUT WORTH A TRIP

LOMBARDI'S PIZZA (take 6 train to Spring St) America's first pizzeria!

GRIMALDI'S PIZZA (Brooklyn side of the Brooklyn Bridge)

Walk over the Brooklyn Bridge, and then have pizza at this famous NYC pizzeria! Just be prepared to wait in line, as this place fills up by 4pm just about every day of the week.

JOE'S PIZZA (Carmine St. at 6th Ave, West Village) A Village favorite for late night eats.

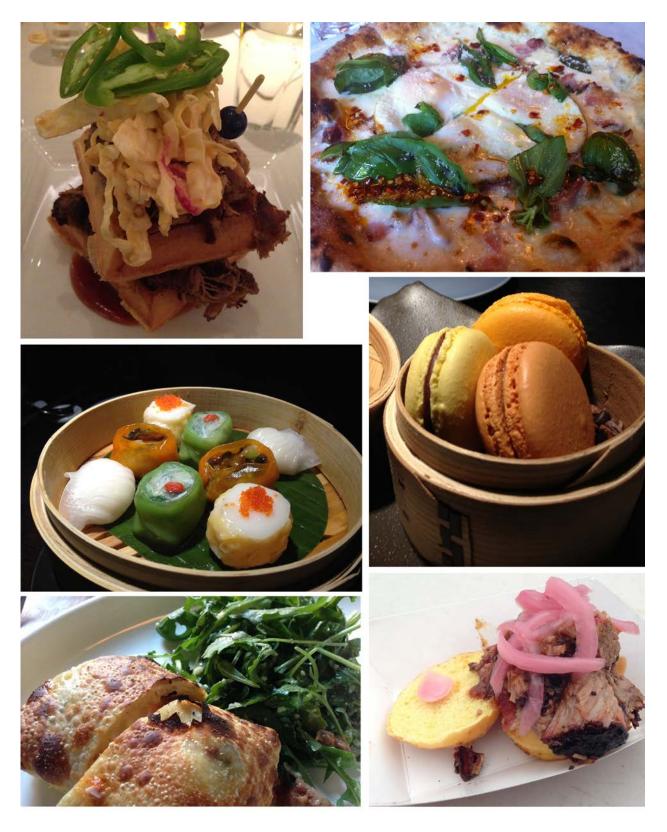
BLEECKER ST PIZZA (Bleecker St and 7th Ave)

PATSY'S PIZZERIA (117th St and 1st Ave)

ARTICHOKE BASILLE'S PIZZA (14th St, btwn 2nd and 1st Ave and Macdougal below 3rd St.) Wildly cheesy, rich goodness that hits the spot after a hard night out, although their popularity has driven the price up to an equally wild \$4.50 per slice.

FAMOUS BEN'S PIZZA OF SOHO (Spring and Thompson)

The place used for the exterior of the pizzeria in the Men in Black movies—and the pizza is good, go figure. Watch out for aliens.



Clockwise from top left: BBQ waffle at Sugar and Plumm (UWS), brunch pizza at Motorino (East Village), assorted macarons at Hakkasan (Midtown West), BBQ brisket at Mighty Quinn's (Smorgasburg, Williamsburg), breakfast Stromboli at Locanda Verde (Tribeca), steamed dim sum at Hakkasan (Midtown West)

NIGHTLIFE

LOCAL

EARL'S BEER AND CHEESE (Park Ave between 97th and 98th Sts)

Great rotating craft beers and cheeses–including a tasty kimchee and pork grilled cheese sandwich, and a beer cheese platter fit for sharing. An unusually laid back vibe. It's small and a typical aftershift destination for Sinai folks, so don't be surprised if it's crowded.

ABV (Lex between 97th and 98th Sts.)

Owned by the same folks that run Earl's. Wide selection of beers and wines, and many delicious tapas-style dishes. The crowd is typically heavy on young professionals and couples from the neighborhood.

LEXINGTON SOCIAL (Lex between 103rd and 104th)

Scrumptious tapas dishes for \sim \$9 each, with inspired Spanish Harlem style cocktails (think smoky mescal and aged cachaça).

MERRION SQURE (95th and 2nd Ave)

Don't be fooled by the subway construction occurring right out front: this divey sports bar is very much open and a great destination for a low-key night. A \$2 pool table is in the back, and a pair of solid drink specials runs all night long: one free burger with your first beer, or a basket of wings with your first pitcher.

THIRD AVENUE ALE HOUSE (3rd Ave between 92nd and 93rd)

For a great modern American tavern, come here and discover a wide array of fine beers on tap and some fantastic bar fare, like jalapeño cheese pretzels. Spacious dining area in the rear.

KINSALE TAVERN (93rd St & 3rd Ave)

Great Irish sports bar with \$3 pints—all day, every day!

CAMARADAS (2241 1st Ave at E 115th Street)

This restaurant is a worker's public house where camaraderie is built atop of a fine selection of wine, great beers, excellent music and an innovative blend of the tapas tradition with Puerto Rican cuisine.

THE DUCK (112th St and 2nd Ave)

A true dive bar for East Harlem: cheap drinks, friendly bartenders, and cheesy, trashy, décor. The real bar is in the back, so don't be confused by the fake "bar" in the front.

FOX AND FIDDLE (Madison Ave between 97th and 98th Sts.)

Generally an older crowd, good for quieter dinners or a tavern meal with the parents.

AROUND THE CITY

UPPER WEST SIDE (especially Columbus and Amsterdam in the 80s)

This area features a row of dive bars, including Brother Jimmy's, Jake's Dilemma, The Gin Mill, and Bourbon Street. Check out The Dead Poet if you're looking for innovative cocktails.

LOWER EAST SIDE, EAST VILLAGE

Head down to the Lower East Side for a fun night out; take the 6 train to Bleecker or Spring Street and walk east or northeast for the Village. The places there range from sports bars to lounges to clubs - definitely a great area to find a birthday venue! Class favorites include People Lounge, Affaire, The Delancey, Blue and Gold Tavern, Gallery Bar, Ella, and Solas. Cabs can be easily found on Houston St. to return to Aron Hall at any time of night for about ~\$20.

WEST VILLAGE, GREENWICH VILLAGE

You may wind up here after the place you were going to in the East Village was too packed, and you decide to slum it with the college crowd. Start around Bleecker and McDougal and spiral outward: you'll run across the Comedy Cellar where Louis CK films his TV show, along with jazz clubs featuring top-tier artists. Prepare to be accosted on the street with drink specials and the steamy grime of endless dive bars. A quieter indoor German biergarten, Lederhosen, is hiding over on Grove St., and there is an Artichoke Basille's here, if you love late-night insanely cheesy pizza. If you happen to be here in the daytime, try a delicious cappuccino or sandwich at Caffe Reggio, featured in classic movies such as Serpico (1973) and Shaft (1971).

CHELSEA, MEATPACKING, WEST SOHO

A sprinkling of notoriously selective clubs and lounges predominate the nightlife on this west side strip, which has only picked up momentum since the installation of the High Line and hotels like The Standard catering to nightlife tourists. Think 10AK, Greenhouse, Marquee, Cielo: places that attract celebrities, A-list DJs, and flashy crowds. Prepare to bleed cash and fight a crowd on any weekend night unless you can get on the list for somebody's party. Weekday promotions (on a Tuesday or Wednesday) might allow for reasonably spontaneous outings.

WILLIAMSBURG

The mecca of all things hipster happens to be a Brooklyn destination not too far from Sinai. Brooklyn Bowl is a popular dance hall that happens to have a few bowling lanes; indie movie theaters like Nitehawk are clustered here; there is a solid bar scene that starts around Bedford (check out Radegast Hall, a fine German-style Biergarten) and trickles west to the East River, where beautiful views of the New York skyline can be found (like the above picture taken from East River State Park). This neighborhood is for indie music, laid back food and beers, fixed-gear bikes and vintage arcade games (for those, try Barcade toward the east). To get here, take the 6 to Union Sq. and then the L to Bedford Ave. Cabs back to Aron Hall, hailable from Bedford, Driggs, or Metropolitan Ave, will run your group around \$30.