

Higher Ground, established in 1982, is a popular and successful independent coffee shop, food establishment and wine bar. It is located in the heart of the Kensington shopping district right across the street from the Plaza Theatre.

The cafe is proud to be a pioneer in organic initiatives within the city, serving only organic & fair trade espresso, brewed coffee, and tea everyday of the year.

What makes the café unique is the array of individuals who come through the doors everyday. Whether you are here with friends, spending time with family or just relaxing by yourself, Higher Ground is always the right destination.

Call us at (403) 270-3780
to place your take out order.

Please try and call your order in at least
30 minutes before desired pick-up
time.

*Check out our website for upcoming events,
café information, and to subscribe to our
e-newsletter!*

highergroundcafe.ca

Having an event? Want Higher
Ground to cater for you?
Send your inquiry to
info@highergroundcafe.ca
for more information.

1126 Kensington Road NW
Calgary, Alberta
T2N 3P3
Phone: (403) 270-3780

highergroundcafe.ca

Higher Ground Menu



• *café* • *wine bar* •

Specializing in organic coffee & tea,
and delicious food.

Phone: (403) 270-3780
highergroundcafe.ca

Take Out Menu

• Hours •
Sun-Thurs: 7am-11pm
Fri-Sat: 8am-12am

Breakfast

Served all day...if you feel like sleeping in.

Bagel \$2.99
Sesame or whole grain. Comes with butter, cream cheese, strawberry jam, or peanut butter.

Yogurt Parfait \$4.99
Layers of granola, fruit, & strawberry yogurt. A healthy start to your day!

Breakfast Grill \$6.99
Your choice of bagel with egg, black forest ham, and cheddar cheese

Breakfast Burrito \$6.99
Tortilla filled with peppers, eggs, ham, cheese, and spices for a southwestern kick!

Soups & Salads

Perfect as appetizers or add chicken for a full meal.

Soup of the Day \$4.99
Two options daily. Meat-based or Vegetarian.

Pesto Pasta Salad \$5.49
Your choice of roasted red pepper or basil pesto

Caesar Salad \$6.99
Our home-made Caesar dressing tops romaine lettuce and parmesan cheese. Deliciously simple.

Greek Salad \$6.99
Feta, olives, peppers, onions, tomatoes, cucumbers, and romaine, accompanied by an olive oil & balsamic vinegar dressing

Add grilled chicken \$3.00

Piadinas

Grilled Italian whole-grain flatbread sandwiches.

Atlas Chicken \$6.99
Greek seasoned chicken, tomatoes, cucumbers, red onions, romaine lettuce, feta, and balsamic dressing.

New Mexico Chicken \$6.99
Southwestern spiced chicken, tomatoes, red onion, banana peppers, spring greens, cheddar cheese, and chipotle mayo. For the cowboy/cowgirl in all of us.

Tomato, Garlic & Cheese \$6.99
Tomatoes topped with red onions, Monterey jack & cheddar cheese, and garlic aioli,

Genoa Convention \$6.99
Genoa Salami, red onions, red bell peppers, spring greens, provolone cheese, and pesto mayo

Specials & Combos

Higher Ground originals & combo options..

Mac 'n' Cheese \$4.99
Delicious & creamy, cheddar, monterey jack, and parmesan cheese have never made you feel so at home.

Weekly Special \$6.99
A new sandwich creation each week. Always changing, always delicious.

Soup & Salad Combo \$9.99
Your choice of salad and soup of the day.

Sandwich with Soup or Salad combo \$10.99
Your choice of piadina, with choice of soup or salad.

Baking & Desserts

Looking for something small & sweet.

Muffins \$1.75
Banana, dark bran, orange cranberry, and apple oatmeal. All baked daily

Lemon Poppy seed Loaf \$1.90
Have a slice of this zesty loaf, topped with sliced almonds!

Espresso Cookie \$2.00
Made with our organic dark roast, this flavorful homemade cookie is topped with espresso icing.

Biscotti \$2.25
Chocolate Chunk, or White Choc Cranberry.

Ginger Cream Cookie \$2.99
Home-made Ginger cookies held together with delicious buttercream icing.

Cake \$5.25
Please call for today's selection.

Beverages

Bottled drinks in addition to our hot beverages.

Juice \$1.75
Everfresh Apple Juice & Orange Juice

Pop \$1.45
Coke, Diet Coke, or Barq's rootbeer

Iced Tea \$2.25
Snapple Iced Tea