
Higher Ground Cafe Menu

ADDRESS : 1126 KENSINGTON RD NW, CALGARY, AB T2N 3P3, CANADA

PHONE : +1 403-270-3780

OPENING TIMES : 08:00 AM - 10:00 PM

ALL-DAY BREAKFAST

TOASTED BAGEL

BREAKFAST BURRITO

TUSCAN SUNRISE

BREAKFAST BAGEL

MULTIGRAIN TOAST

HOT & FRESH ENTREES

GLUTEN-FREE VEGAN CHILI

MAC & CHEESE

CHICKEN QUESADILLA

BETWEEN BREAD

CHICKEN

CAPRESE

TURKEY CLUB

HOT SALAMI

Objective Review

If you're looking for a cozy spot to enjoy a delicious meal with a warm atmosphere, Higher Ground Cafe at 1126 Kensington Rd NW, Calgary, is the place to be. The cafe offers a diverse menu that caters to all kinds of cravings, whether you're in the mood for a hearty breakfast, a satisfying lunch, or a delightful snack. Let's dive into the highlights of their menu, which has something for everyone!

All-Day Breakfast

Starting with the all-day breakfast offerings, Higher Ground Cafe ensures you can enjoy a comforting meal at any time of the day. The **Toasted Bagel** is a classic choice, perfect for those who prefer something simple yet delicious. The **Breakfast Burrito** is packed with savory fillings, offering a delightful combination of eggs, cheese, and choice of meats, wrapped up in a warm tortilla. If you're after something a bit more Mediterranean, the **Tuscan Sunrise Breakfast Bagel** features fresh ingredients like sun-dried tomatoes, basil, and cream cheese, all sandwiched between a perfectly toasted bagel. For those seeking a lighter, healthier option, the **Multigrain Toast** is a great choice, topped with avocado or your favorite spreads.

Hot & Fresh Entrees

When it comes to hot and fresh entrees, Higher Ground Cafe doesn't disappoint. The **Gluten-Free Vegan Chili** is a standout dish, offering a rich and flavorful blend of beans, vegetables, and spices, ideal for anyone following a gluten-free or plant-based diet. If you're craving something cheesy and comforting, their **Mac & Cheese** will hit the spot, with its creamy sauce and tender pasta, making it a satisfying choice for any cheese lover. For something with a little more kick, the **Chicken Quesadilla** is a perfect option-crispy on the outside, with a tasty filling of seasoned chicken, melted cheese, and savory spices.

Between Bread

For those who prefer a sandwich or wrap, the **Between Bread** section has some mouthwatering options. The **Chicken Sandwich** is tender and juicy, with all the right flavors to make each bite delightful. If you're a fan of Italian-inspired flavors, the **Caprese Sandwich** combines fresh mozzarella, basil, and tomato, drizzled with balsamic glaze for a burst of flavor. The **Turkey Club** offers a satisfying stack of turkey, bacon, lettuce, and tomato, making it a classic favorite. For a little spice, try the **Hot Salami Sandwich**-a bold and flavorful option that's sure to satisfy your hunger with its spicy, savory goodness.

Higher Ground Cafe's menu is thoughtfully crafted, ensuring there's something for everyone. Whether you're stopping by for a quick bite or a relaxing meal, their wide selection of breakfast items, hearty entrees, and satisfying sandwiches offer a variety of delicious choices. The friendly atmosphere of the cafe, combined with the fresh and flavorful dishes, makes it an ideal place to gather with friends or enjoy a solo meal. So, next time you're in the area, make sure to visit Higher Ground Cafe to experience their incredible menu firsthand-you won't be disappointed!

