

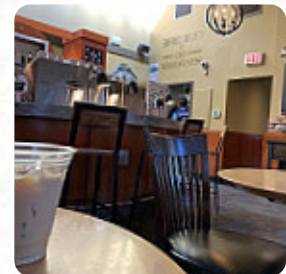
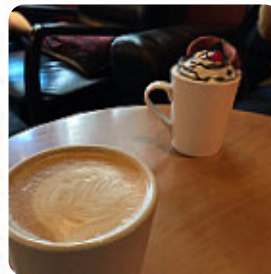


## Higher Ground Menu

<https://menuweb.menu>

Calgary, 1126 Kensington Rd NW, Canada

+14032703780 - <http://www.highergroundcafe.ca>



Here you can find the [menu](#) of **Higher Ground** in Calgary. At the moment, there are **39** courses and drinks on the card. This charming café in Calgary's Kensington neighborhood has become a local favorite offering a cozy atmosphere and a wide selection of coffee and tea options. While some reviewers have noted issues with the service and the quality of certain beverages and desserts, others have raved about the friendly staff, inviting ambiance, and delicious menu offerings. With options for both a casual hangout with friends or a cozy date night, this café seems to cater to a variety of tastes. Whether you're looking to spend a leisurely afternoon playing games or reading a book, or just stopping by for a quick coffee on-the-go, this spot has something for everyone. Plus, with unique warm drinks and a tempting selection of cakes, it's easy to see why many customers keep coming back for more. So if you're in the area, consider supporting this local gem that offers a welcoming environment and a diverse menu of coffee and treats.

# Swatow Menu



## Gnocchi

GNOCCHI

## Breakfast

SCRAMBLED EGGS

## Chicken

CHICKEN WINGS

## Beef Dishes

BRISKET

## Dessert

COOKIES

## Tapas

EGGPLANT TAPAS

## Rice Dishes

CHICKEN FRIED RICE

## Chicken Wings

WINGS

## Chow Mein

SHRIMP CHOW MEIN

## Fried Rice

FRIED RICE

## Indian Vegetarian

MIXED VEGETABLE

## Asian

WONTON SOUP

## Side Dishes

RICE

STEAMED RICE

## From The Grill

PORK RIBS

RIBS

## Hot Drinks

HOT TEA

TEA

## These Types Of Dishes Are Being Served



FISH

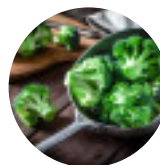
NOODLES

SOUP

CHICKEN

LOBSTER

## Ingredients Used



BROCCOLI

VEGETABLES

BEEF BRISKET

PEAS

DUCK

TOFU

GINGER

PORK MEAT

# Swatow Menu



VEGETABLES

CHILI

MUSHROOMS

EGG

BEEF

HONEY

GARLIC

SHRIMP

## Swatow

Toronto, 309 Spadina Ave,  
Canada

### Opening Hours:

Monday 11:00 -02:00  
Tuesday 11:00 -02:00  
Wednesday 11:00 -02:00  
Thursday 11:00 -02:00  
Friday 11:00 -02:00  
Saturday 11:00 -02:00  
Sunday 11:00 -02:00

Made with [menuweb.menu](https://menuweb.menu)

