



"Where coffee is a higher calling."

**Business Hours**

Monday to Friday 7:30 AM – 6:00 PM  
Saturday 9:00 AM – 2:00 PM

**BREAKFAST (served all day)**

Create your own omelet or wrap (add .55)

**Three (3) Eggs with Cheese 5.00**

- Onion +.25
- Spinach +.25
- Tomato +.25
- Mushroom +.25
- Roasted bell peppers +.25
- Bacon +1.00
- Sausage +1.00
- Ham +1.00

**Breakfast Special 4.99**

Breakfast sandwich with small house brewed coffee  
(Croissant/Bagel/English Muffin + Sausage/Ham/Bacon + Cheese)

**Side Items**

- (2) Bacon Strips **1.75**
- (1) Hash brown **1.00**
- (1) Sausage Patty **1.50**
- (2) Toast (White/Wheat) **1.25**
- Bagel (Plain/Everything) **1.50**
- Bagel w/ cream cheese **1.99**

**FRESH SALADS**

**Higher Ground Salad** - spring mix, blue cheese, dried cranberries, candied walnuts with balsamic vinaigrette **6.50**

**Caesar Salad** - romaine lettuce, shaved parmesan cheese, croutons with caesar dressing **5.00**

**Chef Salad** - romaine lettuce, shredded jack & cheddar cheese, turkey, ham, bacon, eggs, and tomatoes with ranch dressing **8.75**

**Summer Salad** - romaine lettuce, blueberries, grapes, apples, candied walnuts with raspberry vinaigrette **6.50**

**ADD-ONS**

- Chicken Breast** - grilled perfectly **3.50**
- Chicken Salad Scoop** - chicken breast, dried cranberries, celery, apple, grapes, dijon mustard & mayonnaise **3.50**
- Tuna Salad Scoop** - white tuna, mayonnaise, sweet relish & lemon zest **4.50**
- Egg Salad Scoop** - fresh eggs, mayonnaise, mustard, pickle relish and salt & pepper **3.50**

**SOUP OF THE DAY**

Please ask for today's soup

- Broccoli and Cheese **4.00**
- Chicken Noodle **4.00**
- Italian Wedding **4.00**
- Spring Vegetable **4.00**
- Chicken Tortilla **4.50**

- Bosco Pizza **4.99**
- Pepperoni Stick **2.99**

**YOGURT & FRUITS**

- Yogurt Parfait** - Greek plain yogurt, strawberries, blueberries, pineapple, almonds & granola **3.25**
- Granny Smith Apple 1.25**
- Banana 1.00**

**HOT SANDWICHES**

**Cuban Sandwich** - roasted pork, roasted ham, Swiss cheese, pickles, mustard aioli on French bread **8.00**

**Grilled Ham & Cheese** - white bread, roasted ham & American cheese **7.00**

**Tuna Melt** - multi-grain bread, tuna salad, Swiss cheese **7.00**

**Chicken Quesadilla** - fajita chicken, bacon, jack & cheddar cheese. Served with sour cream and salsa **9.00**

**Higher Ground Club** - turkey, ham, bacon, jack & cheddar cheese, mayonnaise. Serve with BBQ sauce on side **7.50**

**Turkey Pesto Panini** - turkey, roasted red peppers, Swiss cheese, pesto aioli on ciabatta bread **7.50**

**COLD SANDWICHES**

**Chicken Salad Wrap** - chicken salad, romaine lettuce with raspberry vinaigrette dressing in a spinach wrap **6.50**

**Chicken Salad Sandwich** - chicken salad, romaine lettuce on a croissant **6.50**

**Ham & Cheese** - honey roasted ham, American cheese, lettuce & mayonnaise on multi-grain breads **6.50**

**Grilled Chicken Caesar Wrap** - Grilled chicken, Romaine lettuce, shaved parmesan cheese, croutons & Caesar dressing in a spinach wrap **8.50**

**Tuna Salad Wrap** - tuna salad, Swiss cheese in a whole wheat wrap **6.50**

**Turkey Sandwich** - roasted turkey, Swiss, lettuce & mayonnaise on a croissant **6.50**

**Tuna Salad Sandwich** - tuna salad, Swiss cheese, lettuce on a multi-grain breads **6.50**

**PASTRIES & SUCH**

- Muffins - Assorted **1.50**
- Freshly Baked Cookie - Assorted **2.50**
- Danish **2.50**
- Biscotti - Assorted **1.50**
- Freshly Baked Chocolate Croissant **2.25**
- Freshly Baked Cinnamon Roll **2.75**
- Brownie **2.00**
- Chips - Assorted **1.50**
- Mac and Cheese **3.50**

**WWW.HIGHERGROUNDCAFE.NET**

Our meats and cheeses are premium products. Our fruits and vegetables are sustainable locally grown and pesticide, wax & preservative free. Our white albacore tuna is dolphin-free. No preservatives, dyes, or fillers. Only GMO-Free meats, dairy, and grains. On this you have our promise.

\*Menu item availability varies. Prices subject to change.

## SPECIALTY HOT BEVERAGES

Café Latte	<b>3.29</b>	<b>4.29</b>	<b>4.79</b>
Cappuccino	<b>3.29</b>	<b>4.29</b>	<b>4.79</b>
Espresso	Single <b>2.50</b>	Double <b>3.00</b>	
Chai Tea Latte	<b>2.49</b>	<b>3.00</b>	<b>3.49</b>
Caramel Macchiato	<b>3.99</b>	<b>4.79</b>	<b>4.99</b>
Vanilla Macchiato	<b>3.99</b>	<b>4.79</b>	<b>4.99</b>
Italian Mocha	<b>3.99</b>	<b>4.79</b>	<b>4.99</b>
Italian Black Mocha	<b>3.99</b>	<b>4.79</b>	<b>4.99</b>
Hot Chocolate	<b>2.49</b>	<b>3.00</b>	<b>3.25</b>
House Brewed Coffee	<b>2.25</b>	<b>2.65</b>	<b>2.85</b>
Hot Tea - Assorted	<b>2.49</b>	<b>3.00</b>	<b>3.49</b>
Cortadito	Single <b>2.50</b>	Double <b>3.00</b>	
Café Con Leche	<b>2.79</b>	<b>3.79</b>	<b>4.29</b>

## SPECIALTY ICED BEVERAGES

Café Latte	<b>3.29</b>	<b>4.29</b>	<b>4.79</b>
Caramel Macchiato	<b>3.99</b>	<b>4.79</b>	<b>4.99</b>
Vanilla Macchiato	<b>3.99</b>	<b>4.79</b>	<b>4.99</b>
Italian Mocha	<b>3.99</b>	<b>4.79</b>	<b>4.99</b>
Italian Black Mocha	<b>3.99</b>	<b>4.79</b>	<b>4.99</b>
Strawberry Lemonade	<b>2.25</b>	<b>2.75</b>	<b>3.25</b>
Tropical Green Tea	<b>2.25</b>	<b>2.75</b>	<b>3.25</b>
Iced Coffee	<b>2.05</b>	<b>2.50</b>	<b>2.95</b>
Chai Tea Latte	<b>2.49</b>	<b>3.00</b>	<b>3.49</b>

## FROZEN BEVERAGES

Frozen Cappuccino	<b>4.25</b>	<b>4.75</b>	<b>5.25</b>
Milk Shake <i>Vanilla, Chocolate, Strawberry, Banana</i>			<b>5.50</b>
Frozen Hot Chocolate	<b>3.99</b>	<b>4.79</b>	<b>4.99</b>
Frosted Lemonade	<b>2.50</b>	<b>3.00</b>	<b>3.49</b>

*Additional flavors and sugar-free flavors are available (+.50)*

## SMOOTHIES 5.95

### **Strawberry Banana**

*Strawberry, Banana, Apple Juice*

### **Tropical Sensation**

*Pineapple, Mango, Banana,  
Pineapple & Orange Juice*

### **Island Berry Blast**

*Strawberry, Blueberry,  
Raspberry, Banana, Pineapple & OJ*

### **Green Health**

*Kale, Apple, Banana, Pineapple Juice*

### **Add-Ons**

Raw Protein	+1.00
Whey Protein	+1.00
E3Live	+2.00
Chia/Flax seed	+1.25
Spirulina	+1.25

### **Substitutions**

Almond, Soy, Coconut milk +1.00

## ALCOHOLIC BEVERAGES

*Pricing and availability subject to change*

- Domestic Beer ▪ Imported Beer ▪
- House Wine (Chardonnay, Merlot, Cabernet Sauvignon) ▪
- Premium Wine ▪
- Frozen Margarita ▪ Frozen Piña Colada ▪

## FOUNTAIN DRINKS



▪ DINE-IN ▪ TAKE-OUT ▪ DELIVERY ▪

*Higher Ground Café is available to rent for business meetings, birthday parties, showers, and other events.*

*We will do our best to accommodate your needs. Please contact us for menus and pricing.*

[WWW.HIGHERGROUNDCAFE.NET](http://WWW.HIGHERGROUNDCAFE.NET)

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