

Beyond shopping

- Best for breakfast: Nellies on Kensington. Expect a lineup on weekends (1414 Kensington Rd. N.W.; 270-0173)
- Best for a mid-morning sweet treat: Crave Cookies and Cupcakes, for buttery icing almost as high as the cupcake itself (1107 Kensington Rd. N.W.; 270-2728; cravecookies.com)
- Best for lunch: Oolong Tea House, with 150 teas plus sandwiches and wraps (110 10 St. N.W.; 283-0333; oolonghouse.com)
- Best for an afternoon pick-me-up: Higher Ground for specialty coffee (1126 Kensington Rd. N.W.; 270-3780)
- Best take-home treat: Bernard Callebaut's chocolate (1123 Kensington Rd. N.W.; 283-5550; bernardcallebaut.com)
- Best for dinner: Globefish for sushi

and izakaya — think Japanese tapas (326 14 St. N.W.; 521-0222; globefish.ca); or try the Kensington Riverside Inn's Chef's Table for an intimate dining experience offering a five-course chef's tasting or a la carte menu (1126 Memorial Drive N.W.; 228-4442; kensingtonriversideinn.com)

- Best for a stroll: The parkway along the Bow River, just across Memorial Drive from Kensington village.

* Important Note: Check store hours, as some are closed on Sundays or other days of the week. And keep in mind that stock changes frequently, in case you're looking for something specifically mentioned here.