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# TUCSON WEEKLY

SEPTEMBER 28-OCTOBER 4, 2006  
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## Best Vegetarian/Vegan

**Lovin' Spoonfuls Vegetarian Restaurant**  
2990 N. Campbell Ave., Suite 120, 325-7766,  
[www.lovinspoonfuls.com](http://www.lovinspoonfuls.com)

Who would dare attempt to fool a carnivorous pirate with fake meat? Lovin' Spoonfuls would, and they would fool those scurvy-ridden pirates to the bone. This Tucson vegan/vegetarian hotspot has divided its treasures into a breakfast menu that offers various tofu scrambles; a lunch menu that contains items such as soy sesame-chicken salad and a veggie classic burger; and a dinner menu with "beefy" Asian pepper steak. Although their fake meat products could fool any meat-loving matey, Spoonfuls sticks to a strict honor code of honesty: They will gladly provide information about ingredients and products used upon request. Lovin' Spoonfuls is open Monday through Saturday from 9:30 a.m. to 9 p.m., and Sunday, 10 a.m. to 3 p.m.

### Runners up:

2. **Govinda's Natural Foods Buffet**, 711 E. Blacklidge Drive, 792-0630,
3. **Casbah Tea House**, 628 N. Fourth Ave., 740-0393

## Best Veggie Burger

**Lovin' Spoonfuls Vegetarian Restaurant**  
2990 N. Campbell Ave., Suite 120, 325-7766,  
[www.lovinspoonfuls.com](http://www.lovinspoonfuls.com)

After years lost on the high seas, penniless and petulant, you spot a glimmer on the horizon. A barrel of rum? No, it's Lovin' Spoonfuls, Tucson's premiere, vegan-friendly restaurant experience! Any savvy vegan, vegetarian or carnivore should know there's more to vegetarian dining than just limes, kelp and sea salt! Sail on over for a veritable bonanza of mock meats, the crowning glory of which is the Tucson-famous adzuki burger. This treasure chest of delights comes with an adzuki bean patty joyously topped with a variety of veggies, oats, walnuts and a vegan mayo for the taking. Try it with veggie bacon for an extra treat. Though reader, take note: Although you can pick up an ample supply of animal liberation literature while you dine, know that you cannot bring your parrot into the restaurant. (We asked. Arrr.)

### Runners up:

2. **Bentley's House of Coffee and Tea**, 1730 E. Speedway Blvd., 795-0338,
3. **The Cup Café**, Hotel Congress, 311 E Congress St., 798-1618

# BEST OF TUCSON

