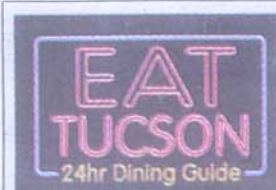


CHEAP eats

A meal for two under \$20.



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Lovin' Spoonfuls delivers tasty vegan alternatives

The sesame chicken salad is, despite the name, a vegetarian dish at Lovin' Spoonfuls.



- ◆ **What:** Lovin' Spoonfuls
- ◆ **Address and phone:** 2990 N. Campbell Ave., Suite 120; 325-7766
- ◆ **Hours:** 8 a.m.-3 p.m. weekdays, 10 a.m.-3 p.m. Saturdays-Sundays
- ◆ **Specialty:** Vegan options galore
- ◆ **What was ordered:** Happy Turkey sandwich with vegan potato salad (\$5.75), sesame-chicken salad (\$7.25), Stella Blue smoothie (\$4.50), spiced iced tea (\$1.25)
- ◆ **Comments:** Lovin' Spoonfuls is a lovely place to lunch. Especially if you're of the hippie-granola persuasion. You know, one of those Croc-wearing, Nalgene-carrying, dog-owning, hike-taking health nuts. Or if you're vegan (everything on the menu is meat-, cholesterol- and dairy-free). Or if you

have celiac sprue disease (there are plenty of gluten-free options, as well). Or if you're just hungry.

Presumably the turkey that was supposed to go on the Happy Turkey sandwich is happy because its life was spared by veggie turkey. Although veggie "meats" can be sort of scary to the nonvegetarian, the "turkey" on this sandwich tasted just like the real thing. Dressed with vegan mayonnaise, lettuce, tomato, pickle and onion, this sandwich was excellent, and I'll admit it: I actually felt healthier eating it than I do when I eat, say, a Philly cheesesteak. The vegan potato salad was also delicious, some of the best potato salad I've ever had in a restaurant. It was creamy and had the perfect mix of mustard and mayonnaise (nondairy, of course).

The sesame "chicken" salad looked scrump-

tious. My companion said the faux pollo was well-marinated and



A Route 66 bacon cheeseburger, a vegetarian sandwich at Lovin' Spoonfuls, includes chips, potato salad, pickles, lettuce and tomato. Also shown is a Stella Blue Smoothie (top right).

the mixed greens were extra fresh. The presentation was also nice, geometric and colorful. At \$7.25, it's one of the most expensive items on the menu, but its size more than made up for the extra dollar or two in price.

Exceptionally tasty was the Stella Blue smoothie. Just blueberries, bananas and ice - yum!

The restaurant's decor is also worth mentioning. Its earthy tones and warm lighting were pleasant and inviting and seemed to go well with the health-conscious concept. I'll definitely be back.

◆ **Service:** Customers order their food cafeteria-style, and someone brings it out to the table. The meals came out quickly and without error. No complaints.

◆ **Bar:** no

◆ **Vegetarian options:** That's all they've got!

◆ **Dessert:** lots

◆ **Currency:** cash and credit

◆ **Takeout:** yes

◆ **Children's menu:** no

◆ **Web site:** www.lovin Spoonfuls.com

◆ **Most recent health inspection:** According to the Pima County Department of Consumer Health and Food Safety, the restaurant, which opened in September, has not had its first operations inspection.

Let's spoon!

We like stuff we can eat with a spoon. Here are some places to try if you're a spoon lover, too:

BEYOND BREAD, 3026 N. Campbell Ave., 322-9965; 6260 E. Speedway Blvd., 747-7477

Hours: weekdays, 6:30 a.m.-8 p.m.; Saturdays, 7 a.m.-8 p.m.; Sundays, 7 a.m.-6 p.m.

We've said it once, we'll say it again: These fruit tarts are for diggin' in!

ABYGAIL'S FINE BAKERY & CAFE, 4280 N. Campbell Ave., 615-6280

Hours: 6 a.m.-4 p.m. daily

The orange-pineapple muffins are worth some spoon lovin'.

BISON WITCHES, 326 N. Fourth Ave., 740-1541

Hours: The kitchen is open daily from 11 a.m.-midnight.

Mmm ... soup in a bread bowl...

LAFERLITA'S PIZZA CAFE, 446 N. Campbell Ave., 867-8145

Hours: 11 a.m.-1 a.m. Mondays-Saturdays

Stirp up the tomato-and-mozzarella Sweet-Heart soup.

AUSTIN'S ICE CREAM, 2820 E. Broadway, 327-3892

Hours: 11 a.m.-10 p.m. Tuesdays-Thursday, 11-11

Fridays-Saturdays, 11 a.m.-7 p.m. Sundays-Mondays
You can't shake a spoon at Austin's ice cream.



Photos by JEFF STANTON/Tucson Citizen