

# Tucson Lifestyle

## Lovin' Spoonfuls

With a doctoral degree in chemistry Peggy Raisglid is not your typical restaurateur, and it follows that Lovin' Spoonfuls is not your typical restaurant. Peggy had been developing recipes for years for her own personal use and her non-vegetarian friends and family were always impressed by her delicious vegan food. After hearing those fateful words, "You should open a restaurant," Peggy finally took the plunge and is thankful she did.

Lovin' Spoonfuls' location in the Campbell/Glenn area draws a diverse crowd. I was surprised to learn from Peggy that most of her customers are not vegetarians — they just enjoy good food. Now if the last veggie burger you tried was about 10 years ago, rest assured that the flavors and textures have improved significantly. Vegetable-based protein can replicate the juiciness and flavor of everything from beef to bacon and beyond.

The restaurant is decorated in earth tones, wood and brick for a warm and inviting ambience. Make your way to the counter and place your order. A wooden spoon with a number on it will be presented to you to place on your table so the server can easily find you.

I asked Peggy for her customer favorites and she replied without hesitation that the burritos and scrambles are the main breakfast choices. The Mediterranean scramble, for example, is prepared with kalamata olives, garlic, sundried tomatoes and sweet onions scrambled together with tofu served with soy bacon and whole-grain toast. If you prefer to build your own scramble, the combinations seem endless, with offerings such as soy chorizo and veggie ham. Soups are made daily and they offer a hearty bowl of veggie chili with cornbread. The tempura shrimp made with mock shrimp, lightly battered and fried is as good as it gets.

For lunch the Route 66 bacon cheeseburger is a house specialty and the regulars seem to agree. Made with vegan cheddar cheese and soy bacon strips, served on an organic whole-wheat bun is juicy as well as delicious.

Dinner entrées include Thai vegetable curry stuffed pasta and Piccadilly nut loaf prepared with hazelnut, presented with mashed potatoes, mushroom gravy, and steamed grilled vegetables.

A number of side dishes and appetizers abound, such as spring rolls and French fries. Beverage selections include coffee, tea, smoothies and fountain drinks. **Lovin' Spoonfuls, 2990 N. Campbell Ave., 325-7766, [www.lovin Spoonfuls.com](http://www.lovin Spoonfuls.com). TL**



**TOP RIGHT** Lovin' Spoonfuls, located near Campbell and Glenn, attracts a diverse crowd.

**RIGHT** The Buddha's Delight at Lovin' Spoonfuls includes napa cabbage, bok choy, bean sprouts, carrot strips and fresh shiitake mushrooms, all stir-fried in a citrus-ginger sauce and served over organic brown rice.