

Chicago Tribune names VegNews Top 50 magazine!

Our
tastiest
issue yet

VegNews

Vegetarian NEWS POLITICS FOOD TRAVEL BUZZ

the **fabulous**
food issue

Savor Virginia
Wine Country
Sip by Sip

20
Everyday Eateries

Kitchen
Confidential:
Veg
Chefs
Dish

Lovin' Spoonfuls Tucson, Ariz.

Ah, good old American food. Burgers. Club sandwiches. Tuna Melts. Sometimes, going vegetarian means saying goodbye to this type of good, old-fashioned comfort food—in restaurants, at least. But not at Lovin' Spoonfuls. At this low-key, comfy spot, you can relive the meals of your childhood. For brunch, choose from waffles, French toast or an array of tofu scrambles—from country to Mediterranean to fiesta. Or stop in for a lunch or dinner of a Coney dog or some breaded "shrimp" in spicy dipping sauce. You can even finish your meal off with a banana split.

Magical
Montréal

Sugar's
Dirty Little
Secret

Do You
Eat Fish?
(p. 24)



5
Vegan
Bakeries

\$4.95 US
\$5.95 CAN
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