

# Healthy Tucson Restaurants

Written by Written by Amy Strand

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Eating out can be a real treat, but many restaurants feature dishes that ring in at over 1,000 calories each, which means your waistline and favorite skinny jeans aren't always the ones to thank you afterward. However, you don't always have to sacrifice taste for health—here we've rounded up a few local spots that are both delicious and that use the freshest, healthiest ingredients.



## Lovin' Spoonfuls

Known around town for offering delicious vegetarian and vegan dishes, Lovin' Spoonfuls is more than just a great place for herbivores. Owner Peg Raisglid knows that some vegetarian meals out there are simply too low on protein, which is why you may sometimes find yourself leaving veggie-filled fare only to be hungry again an hour later. Raisglid presents a solution with plenty of vegetarian proteins. But Lovin' Spoonfuls meals aren't just good for you, they taste great too. They serve breakfast, lunch and dinner, featuring delicious items such as the Mediterranean Scramble, Asian Rice Bowl and Green Chili Polenta. [www.lovinspoonfuls.com](http://www.lovinspoonfuls.com).



## Choice Greens

This lunch favorite is always jam-packed and is loved for their tasty, heaping salads and gourmet sandwiches. Formerly known as Chopped, Choice Greens is unique in that as soon as you enter the restaurant, you are presented with an optional do-it-yourself card in which you may create the salad of your choice based on fresh ingredients and healthy proteins. Create your own custom salad or choose from of the Choice Greens signature salads or sandwiches—either way, your stomach and your taste buds will leave satisfied. Choose from the Campbell or the Speedway locations. [www.choicegreens.com](http://www.choicegreens.com).



## Tohono Chul Tea Room

Think fine dining always comes with a hefty serving of calories? That is not always the case, especially at the Tohono Chul Tea Room. This nature-based restaurant offers the best of both worlds, including flavorful, organic fare and a beautiful, relaxing environment. The management team of Chef Albert Hall and his wife Lila Yamashiro (also owners of Acacia) make sure to use local, all natural, pesticide and herbicide-free as well as certified organic ingredients, which is not only better to eat but also good for the earth and the Arizona economy. Breakfast, lunch, brunch and afternoon tea are served. [www.tohonochulpark.org](http://www.tohonochulpark.org).



## Zivaz Mexican Bistro

Many Tucson residents and visitors find solace in good south-of-the-border fare, but not all Mexican food comes smothered in cheese. At Zivaz Mexican Bistro, a family-owned restaurant that cooks up recipes handed down from generation to generation, fresher is definitely better. While the traditional Mexican menu items are offered at Zivaz (for your less health-concerned friends, of course), they also feature plenty of healthful

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options, such as tofu fajitas, tacos filled with chicken, veggies, mahi mahi or shrimp, and their signature soup filled with veggies, chicken and chipotle. Plus, their margaritas are freshly made with real fruit. [www.zivaz.com](http://www.zivaz.com).

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### Zayna Mediterranean Café

Mediterranean dishes are known to be heart-healthy and also delicious (hummus, anyone?), and Tucson's Zayna Mediterranean Café proves it. Specializing in light and healthy vegetarian and Mediterranean cuisine, Zayna's menu is huge and offers both meat and meatless options to please everyone. Some of our favorites are the falafel sandwich, mixed grill with lamb, falafel and vegetables and the tabbouleh plate. Bringing the whole household? Consider one of Zayna's family plates, including the vegetarian family meal, combination family meal or grill family meal. [www.zaynamediterranean.com](http://www.zaynamediterranean.com).