5 Vegan Places to Try in Tucson

Written by Ashley Pearlstein
Saturday, 04 February 2012 22:48 - Last Updated Monday, 06 February 2012 21:38

For practicing Vegans, Vegetarians and people looking for some healthy, organic food, it can be difficult to find a good restaurant. Check out these Vegan-friendly Tucson hot spots.

Govinda's Natural Food Buffet
This restaurant buffet features a variety of Vegan foods, including an organic salad bar, lasagna, sandwiches, juices and more. A relaxing environment and serene fountain await visitors on the patio, perfect to watch the sunset.
www.govindasoftucson.com.

Lovin' Spoonfuls
Lovin' Spoonfuls offers Vegan and Vegetarian menus for breakfast, lunch and dinner. With everything from organic whole-grain French toast, to a hummus sandwich to a selection of soy burgers, this restaurant meets every Vegan need.
www.lovinspoonfuls.com.

Blue Willow Restaurant
Plenty of delectable Vegan and Vegetarian eats grace the menu of Blue Willow restaurant. Featuring breakfast, lunch, dinner, dessert, beer and wine, Blue Willow has it all. A Gluten-free menu is also offered upon request.
www.bluewillowtucson.com.

Garland Bistro
Garland Bistro offers freshly prepared ethnic cuisine with a variety of Vegetarian and Vegan options. The eclectic vibe and convenient location only add to the delicious healthy eats that please the taste buds and the wallet.
www.garlandtucson.com.

5 Vegan Places to Try in Tucson

Written by Ashley Pearlstein
Saturday, 04 February 2012 22:48 - Last Updated Monday, 06 February 2012 21:38

The Tasteful Kitchen

Cooking with ingredients as close as possible to their natural state, co-founders and sisters Keanne and Sigret put their over 30 combined years of restaurant knowledge to work at The Tasteful Kitchen. Offering "art gallery" dining in a modern gallery room adds class and an unforgettable experience to the restaurant. Check out the healthy classes offered like Yoga dinner, Vegan cooking and raw cooking.
www.thetastefulkitchen.com.