



Suzanne Starr/The Arizona Republic

Ned McCourt (left) and Andrew Steiner at the Pita Jungle. The Tempe restaurant's menu includes vegetarian and vegan items.

A taste for tofu

Valley restaurants cater to those who eschew meat

By Jillian Keenan
teen scene correspondent

For teens who have adopted a vegetarian or vegan lifestyle, finding a place to eat out with friends can be a challenge.

Having been a vegetarian my whole life and a vegan for the past two years, I've had plenty of time to explore vegetarian and vegan restaurants in the Valley. Here are my favorites and the favor-

ites of my meat-eater friends, who love them as much as I do.

Pita Jungle

Although not completely vegetarian, Pita Jungle offers a wide variety of vegetarian and vegan options, and the kitchen staff is willing to accommodate special requests (for example, for people with allergies).

Particularly notable are the Garlic Smashed Potatoes and the Caribbean Fruit Salad, but my favorite is the

massive Macro Platter. A huge mound of brown rice is topped with seasoned grilled tofu, steamed vegetables and mixed beans.

Regardless of how hungry you are, there is definitely enough to share. The Tempe location, close to Arizona State University's main campus, is always a great place to meet and mingle with other young vegetarians.

DETAILS: 2050 E. Apache Blvd., Tempe, (480) 804-0234, and 1949 W. Ray Road, Chandler, (480) 855-3232.