

TUBAC Vegan Options

Melio's Trattoria (frontage road): <https://www.meliosristorante.com/menu>

Has **pasta puttanesca with option for gluten-free pasta**.

Tubac Golf Resort "Stables Ranch Grill": <https://symphony.cdn.tambourine.com/tubac-golf-resort-spa/media/dinner-winter-24-print-rev1-658b155904aa0.pdf>

A vegetarian Pad Thai, a few tasty sounding salads (some requiring removal of cheese).

Tubac Market: <http://www.tubacmarketaz.com/home.html>

Has **salad/deli bar** and fresh produce.

The Italian Peasant: <https://qmenu.us/#/the-italian-peasant-tubac/menu/0/details>

Has a **vegetarian hero** that sounds good (hold the cheese), one pasta with a light garlic sauce (assume cream) and you can order a veggie pizza no cheese.

Elvira's: <https://www.elvirasrestaurant.com/menus>

Mostly salad and appetizer possibilities, no entrees. But they sound good. Treat 'em like **tapas**?

Shelby's Bistro: <https://www.shelbysbistromenu.com/>

Make your own pizza, some sandwich & wrap (mushroom) possibilities, a few good large salads. Usual: LOTSA cheese so need to special request no cheese but their online ordering system allows you to. They are very open to vegan suggestions.

Habaneros: <https://habanerosaz.com/>

Does have a veggie sandwich (hold the cheese), some usual Mexican appetizers, an interesting **coconut-citrus salad (hold the cheese)**, and a make your own taco plate (we'd have to request beans tacos). They have tostadas but no veggie ones; need to ask for guacamole ones?

Tubac Deli (center of town at entrance): <https://tubacdeli.com/food-menu/#toggle-id-26>

Slim pickings but possible **veggie or portobello sandwich or panini**, hold the cheese. Same for salads.

Soto's Outpost: <https://www.zmenu.com/sotos-outpost-tubac-online-menu/>

Claims to be vegetarian friendly but menu only has **bean tostadas**,

Wisdom's Café: <https://www.wisdomscafe.com/>

A real stretch to get something vegan. Mostly chips, guac, etc. Two salad possibilities (hold the cheese), a possible combo plate with rice, beans, green corn tamale (and don't ask how the beans were made and tamale has cheese mixed into masa).

**** New places pop up all the time. This list is likely incomplete.**