



The Pantheon has watched over Romans as they eat for 1,800 years

MINI GUIDE

EATING OUT IN ROME

A visit to the Eternal City is as much about food as it is about art and history. There's no better way to feel like a Roman than by eating and drinking well at the city's many trattorias, pizzerias, ristoranti and gelaterias.

On the go

✕ PIZZARIUM ①

This small place in a nondescript part of town is a firm contender for Rome's best pizza al taglio – pizza by the slice. Superbly fluffy bases and crisp crusts are topped with seasonal ingredients, such as beetroot and spinach, onion and rosemary, and ricotta and green beans. Eat standing up, and wash it down with a chilled beer (00 39 06 397 45 416; Via della Meloria 43; pizza slices from £2).



Find top-notch ice cream a short walk from the Trevi Fountain

✕ IL GELATO DI SAN CRISPINO ②

Two streets away from the Trevi Fountain, you'll find a truly world-beating gelateria (ice-cream parlour). Flavours are seasonal, all-natural and sensational – it'll be a long time before you forget the piquant fig or zesty ginger and cinnamon, which are so good that you can forgive the stingy size of the portions (ilgelatodisancrispino.it; Via della Panetteria 42; two scoops for £2.30).

✕ GINA ③

Around the corner from the Spanish Steps, this little café has comfy white seats strewn with powder-blue cushions, and at busier times it fills with a Prada-clad crowd. Pick up a picnic hamper for two, complete with fresh sandwiches, fruit salad, signature desserts, a bottle of wine and a flask of Italian coffee, for lunch alfresco in nearby Villa Borghese gardens (ginaroma.com; Via di San Sebastianello 7a; picnic hampers from £30).

Trattorias

✕ TRATTORIA MONTI ④

The Camerucci family runs this brick-arched place, offering top-notch cooking from the Marche region. Expect delicate pastas including egg-yolk tortelli and ingredients such as pecorino di fossa (sheep's cheese aged in caves), goose, swordfish, sultanas, mushrooms and truffles (00 39 06 446 65 73; Via di San Vito 13a; closed Sun eve & Mon, and Aug; mains from £12).



Trattoria Monti is an outpost of Marchigiana cooking in Rome

✕ DINO & TONI ⑤

At this simple spot north of the Vatican City, Toni stirs the pots while Dino delivers the songs, punchlines and mammoth portions of Roman soul food. It's famous for its pasta alla gricia (pasta with cured pork and cheese), if you get past the mighty antipasti. Belt loosened, you might be able to finish with the signature granita di caffè (coffee with crushed ice). Note: it's cash only here (00 39 06 397 33 284; Via Leone IV 60; closed Mon and Aug; mains from £14).

✕ ARMANDO AL PANTHEON ⑥

A family-run trattoria in business since 1961, Armando's is an inviting institution within sight of the Pantheon. Constantly busy, it's fed the likes of philosopher Jean-Paul Sartre and footballer Pelé. It specialises in classic Roman food, including baccalà alla pizzaiola (salt cod with tomatoes), and ravioli with black truffle. Try the homemade cakes as well (armandoalpantheon.it; Salita dei Crescenzi 31; closed Sat eve, Sun and Aug; mains from £12).

Contemporary dining

✕ OPEN COLONNA ⑦

Set at the back of the Palazzo delle Esposizioni, this restaurant sits beneath a sweeping glass roof. The cuisine is new Roman, with innovative takes on traditional dishes, including 'carbonara inside out'. There's a more basic fixed lunch menu too (opencolonna.it; Scalinata di via Milano 9a; closed Sun eve, Mon, and Aug; two-course lunches £13, dinner mains from £22).



Refined local cuisine has won a star for IL Convivio Troiani

✕ GLASS HOSTARIA ⑧

In the quaint Trastevere district, the Modernist-styled white walls, clean lines and stainless steel lighting of this ristorante really stand out. And it's about content as well as style. The wine list and creative Italian cuisine are impressive, including dishes such as sangria-marinated beef with smoked watermelon (glass-restaurant.it; Vicolo del Cinque 58; closed Mon; mains from £17).

✕ IL CONVIVIO TROIANI ⑨

Hidden away in a 16th-century palazzo in the historic centre, this Michelin-starred gastronomic heavyweight – with modest yet elegant Art Deco style – offers Roman-with-a-twist dishes such as zucchini flowers with buffalo mozzarella and sweet-and-sour red pepper sorbet. Early booking is pretty much essential here (ilconviviotroiani.com; Vicolo dei Soldati 31; mains from £22).

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✕ Eating Where to stay



Rome essentials

T TRANSPORT

Leonardo da Vinci-Fiumicino airport, 15 miles from central Rome, is served by Alitalia, BA, easyJet, Jet2 and Monarch, from nine UK airports (Gatwick from £85; easyjet.com). Ryanair flies to Ciampino airport, 10 miles from the centre, from East Midlands, Edinburgh, Glasgow-Prestwick, Manchester and Stansted (from £75; ryanair.com). Leonardo Express trains connect Fiumicino with Rome's Stazione Termini (singles £11; adr.it), while buses serve Ciampino (singles from £3.10; adr.it). Rome's centre is walkable, but the Metro can be useful for longer trips (day passes £4.70; atac.roma.it).

WHERE TO STAY

1 **Hotel Panda** boldly flies the flag for the budget traveller in the pricey Tridente district. Its rooms are small and simply decorated, but good value this close to the Spanish Steps (from £70, no breakfast; Via della Croce 35; hotelpanda.it).



There are few hotels in Rome smarter than the Hotel de Russie

2 **Casa Montani** is a lovely, upmarket guesthouse overlooking the ancient gate of the Porta del Popolo, with high-quality fittings, custom-made furniture and contemporary art throughout (from £125; Piazzale Flaminio 9; casamontani.com).
3 A favourite of Hollywood A-listers, the **Hotel de Russie** has exquisite terraced gardens. Inside, the décor is luxurious in many shades of grey, and the rooms have massive mosaic-tiled bathrooms (from £475; Via del Babuino 9; hotelderussie.it).

The know-how

ROMAN CLASSICS

Some local favourites to try:

Trippa alla Romana

Tender tripe in a creamy, spicy tomato sauce, sprinkled with pecorino cheese.

Gnocchi alla Romana (right)

Dumplings made with semolina and baked with butter, cheese and nutmeg.



Coda alla Vaccinara

Oxtail stewed until tender and buttery, in a savoury tomato sauce.

Rigatoni con la pajata

Baby calves' intestines cooked in tomato sauce, served as a topping for pasta.

Costata di ricotta

A kind of cheesecake made with fresh ricotta and candied fruits. Raisins, pine nuts and other flavourings can also be added.

Filetti di baccalà

A well-known appetiser consisting of deep-fried, salted cod fillets.

TOP TIP

Cookery writer Diane Seed has lived in Rome for 30 years, and runs frequent classes on classic Roman cuisine from her kitchen in the Palazzo Doria Pamphili (one-day course with market visit £160 per person; italiangourmet.com).

FURTHER READING

Lonely Planet's *Rome* (£14.99) and *Discover Rome* (£13.99) are extensive guides to the city, while *Pocket Rome* (£7.99) offers more concise coverage. Chapters of the *Rome* guide are available to download from lonelyplanet.com (£2.99). For updates on the city's cultural goings-on, visit wantedinrome.com. And read *The Food of Love*, Anthony Capella's 2004 comedy of errors set in Trastevere (£6.99; Sphere).

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