



# THE ROMAN Guy

A quest for authentic Italian food in the Eternal City!  
To learn more about our tours, visit us at [www.theromanguy.com](http://www.theromanguy.com)

## Dining



### Le Mani in Pasta

[VIA DEI GENOVESI, 37](#) (TRASTEVERE) - TEL: +39 06 5816 017

If you like fish you are in the right place. A must is the "Carpaccio of Spigola (Sea bass)." For an appetizer, our recommendation is the mixed grill of seafood. Great to share and is made up of a delicious selection of fresh seafood.

PRICE:  
€ € €

AMBIANCE:



Tue - Sun:

12:30 pm - 3 pm / 7:30 pm - 11 pm

RSVP:

**a must!**

### La Renella "Pane Cotto Al Legno"

[VIA DEL MORO, 15](#) (TRASTEVERE) - TEL: +39 06 581 7265

Pizza Al Taglio is a Roman favorite. You pick the type of pizza from what is displayed on the bar, they weigh it and you eat it on your feet. Great for lunch or a passing snack. This is The Roman Guy's favorite pizza spot in Rome. Great food. Low class. No show. Every restaurant in the area purchases their bread at "La Renella." Point made. Check out how to order Roman pizza on our Roman Guy Tours Youtube channel!

PRICE:



AMBIANCE:



almost always

RSVP:

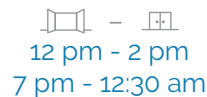
**not needed**



# Da Francesco

[PIAZZA DEL FICO, 29](#) (PIAZZA NAVONA) - TEL: +39 06 686 4009

Da Francesco has a large selection of pizza, pasta, salads, fish, meats, etc. so there is always something for everyone! Aside from their phenomenal food, they are located in a charming square a little off the beaten path.



RSVP:  
**recommended**

# Pantha Rei

[VIA DELLA MINERVA, 19](#) (NEAR PANTHEON) - TEL: +39 06 8902 1922

A perfect price/quality ratio with a variety of gluten-free options: salads, first courses, pizza, good meat and fish second courses and homemade dessert. Delicious, GLUTEN FREE, but still with the Italian flare.

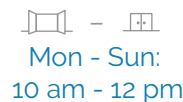


RSVP:  
**recommended**

# Ginger Ristorante Bistro'

[VIA BORGOGNONA, 43-44](#) (NEAR SPANISH STEPS/VIA DEL CORSO) - TEL: +39 06 96036390

It's hard to find a great but affordable place to eat when around Piazza di Spagna, or anywhere on via del Corso. This bistro restaurant is all about high quality gastronomy. You will find a vast selection of cheeses, salamis and breads but you should also try their smoothies and fruit juices.



RSVP:  
**large groups**





## Marzapane



[VIA VELLETRI, 35](#) (NEAR BORGHESE GARDENS) - TEL: +39 06 6478 1692

This local and sophisticated spot only has 20 seats, so you'll feel nice and cozy while enjoying a unique taste of Rome. Their Burrata-topped shrimp tartare, served with a pistachio biscuit is not to be missed. They have a cancellation policy and will need a credit card to guarantee the reservation.



AMBIANCE:



Tue and Sat:

7:30 am - 10:30 pm

Sun and Wed - Fri:

12:45 pm - 3 pm / 7:30 - 10:30 pm

RSVP:  
**a must!**

## La Piccola Casa Blevè



[VIA SICILIA, 47](#) (NEAR SPANISH STEPS) - TEL: +39 06 678 6115

Romantic, elegant (but not too much), a warm and cozy restaurant that rests a few steps from Via Veneto. This place is open all day and offers breakfast, lunch, aperitivo and dinner. High quality dishes made by a skilled Italian chef using only the best DOP products, mostly grown on their own family farm located in Sabina, an agricultural area in Lazio famous for excellent quality Italian extra virgin olive oil.



AMBIANCE:



Mon - Sat:

11 am - 3:30 pm

7 pm - 11:30 pm

RSVP:  
**recommended**

## Aroma - Palazzo Manfredi

[VIA LABICANA, 125](#) (NEAR COLOSSEO) - TEL: +39 06 97615109

The Aroma Restaurant's ingredients? A spectacular terrace on the top floor of Palazzo Manfredi, overlooking the Colosseum, a chef of consummate skill in Giuseppe Di Iorio, and a brigade de cuisine that follows his lead with dedication and creativity. NOTE: Shorts, men's sleeveless shirts and flip flops are not permitted in the restaurant during dinner. They have a cancellation policy and will need a credit card to guarantee the reservation.



AMBIANCE:



7:30 am - 10 am | 12:30 pm - 2 pm

7 pm - 9:30 pm

RSVP:  
**a must!**



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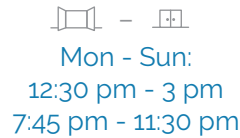


# Flavio al Velavevodetto

[VIA DI MONTE TESTACCIO, 97](#) (TESTACCIO) - TEL: +39 06 574 4194

Located in one of the most authentic Roman neighborhoods, Testaccio. Here dishes are all prepared with natural ingredients from their own garden, in the proximity of Rome.

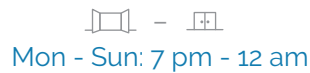
Each single ingredient is fresh and genuine. The food is totally homemade, including fresh pasta and desserts such as their delicious tiramisù.



# Taverna Lucifero

[VIA DEL PELLEGRINO, 51](#) (CAMPO DEI FIORI) - TEL: +39 06 6880 5536

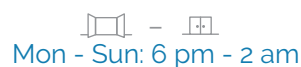
A restaurant down a little side street just off the famous 'Campo dei Fiori' square. Here you'll find a welcoming service, an amazing wine selection and food made with care. One of their specialties is pasta with truffles, so indulge in some great flavors during your dinner.



# Stazione di Posta

[LARGO DINO FRISULLO, 1](#) (TESTACCIO) - TEL: +39 06 574 3548

Located in one of Rome's cooler, lesser-known monuments, an ex-slaughterhouse turned restaurant sits amid the former cattle stalls themselves. The cobblestone floors and wide steel windows make for an awesome space! Stazione serves up traditional Roman cuisine using seasonal and organic ingredients. The cocktail list possesses both unique and old fashioned options. Yum!





# Luzzi Trattoria & Pizzeria

[VIA SAN GIOVANNI IN LATERANO, 88](#) (NEAR COLOSSEUM) - TEL: +39 06 709 6332

Luzzi is a very Roman Style Trattoria that was opened in 1943 during the second world war. They have been open ever since, over 70 years! They are famous for their breaded vegetable appetizer, home made fettucini (Bolognese or Cozze e Vongole), as well as their meats, especially the lamb!

PRICE:



AMBIANCE:



-   
12 pm - 12 am

RSVP:

**large groups**

# Ambrosia Rooftop Restaurant

[VIA NAZIONALE, 22](#) (NEAR TERMINI STATION) - TEL: +39 06 4899 1763

A real Italian dining experience. A traditional Italian restaurant with traditional recipes. The flavor and appeal of the freshest and finest ingredients are enhanced by the creative preparations, such as smoked food and homemade pasta by their amazing Chefs.

PRICE:



AMBIANCE:



-   
Mon - Sun: 11 am - 11 pm

RSVP:

**recommended**

# Hostaria Dino E Tony

[VIA LEONE IV, 60](#) (NEAR VATICAN/PRATI) - TEL: +39 06 3973 3284

Run by two typical slap-stick Italian brothers, Dino and Tony, this eatery couldn't get more rustic if it tried. With paper table cloths, wine by the jug and an antipasto big enough to be a meal in itself. If you're looking for the real local Roman experience, then you won't be disappointed here. There is no menu, so be prepared to have numerous local delicacies placed in front of you from course to course. Antipasto, pasta, meat / fish, dessert and digestivo, we wouldn't recommend eating here unless you really are hungry. Perfect for all, and real, Roman food made by a real Roman family.

PRICE:



AMBIANCE:



-   
Mon - Sat:  
12:30 pm - 3 pm / 7:30 pm - 11 pm

RSVP:

**a must!**



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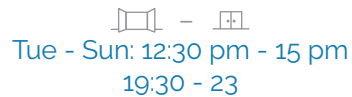




# Casina Valadier

[PIAZZA BUCAREST, 88](#) (VILLA BORGHESE) - TEL: +39 06 6992 2090

If you're looking for the perfect romantic dinner with scenic views, Casina Valadier is the ideal spot. This fine restaurant has panoramic views of the city and its main attractions. Its unique atmosphere and dreamy ambiance will make your night a memorable one.

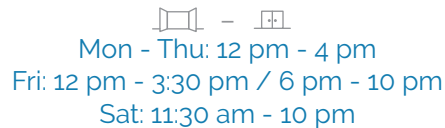


RSVP:  
**a must!**

# La Bottega di Cesare

[VIA DELL'ARANCIO, 60](#) (NEAR SPANISH STEPS) - TEL: +39 06 8901 9617

This small restaurant is hidden between the streets of the center of Rome. This is the place to go for great traditional pasta dishes. This spot is praised for its abundant servings and welcoming staff. Excellent for a quick stop while wandering around Rome to recharge energies with some delicious carbonara or a fresh salad.

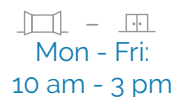


RSVP:  
**not needed**

# Monte D'Oro Market

[LARGO MONTE D'ORO, 95](#) (NEAR SPANISH STEPS) - TEL: +39 06 686 7888

If you're wandering around the Spanish Steps, looking for some authentic Italian food and wanting to mingle with locals, head to Monte D'Oro Market. This market is usually very busy during lunch times when locals are having their lunch break from work. However, this little market is the perfect place for a quick lunch at good prices.



RSVP:  
**not needed**

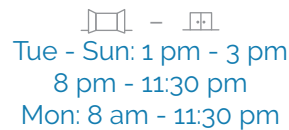




# L'Osteria di Monteverde

[VIA PIETRO CARTONI, 163](#) (MONTEVERDE) - TEL: +39 06 5327 3887

Tucked into the residential neighborhood of Monteverde, this unimposing local restaurant serves Michelin style quality food. Go with the 7-course taster meal for a mouthwatering experience. Its cozy atmosphere and creative cuisine makes this restaurant a unique one and praised by locals.

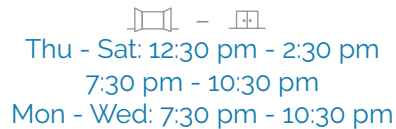


RSVP:  
**recommended**

# Zia Restaurant

[VIA GOFFREDO MAMELI, 45](#) (TRASTEVERE) - TEL: +39 06 2348 8093

This fine dining restaurant is very low key with around 15 tables with an on-staff sommelier to help guide you through the wines and multiple course meals. You'll find a romantic atmosphere with a great tasting menu for the perfect culinary experience. Ideal for an evening out in the city.

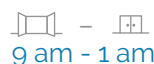


RSVP:  
**recommended**

# Ce Stamo A Pensà

[VIA LEONINA, 81](#) (MONTI) - TEL: +39 06 6936 3154

This little place in the area of Monti, close to the Colosseum is definitely a hidden gem in Rome. Don't get fooled by its size, this is cozy spot is frequented by locals who love their homemade food. With an amazing and welcoming staff, this is a wonderful place to stop for some authentic Italian food made with fresh ingredients. If there isn't space inside, then take your food to go and sit around the area while enjoying some people watching.



RSVP:  
**not needed**





# Gli Angeletti

[VIA DELL'ANGELETTO, 3](#) (MONTI) - TEL: +39 06 474 3374

Perfectly located near the Colosseum, Gli Angeletti serves high quality and traditional Italian food at reasonable prices. Known for their amazing service, this place is fantastic for lunch or dinner.

PRICE:

AMBIANCE:

-   
12 pm - 12 am

RSVP:  
**recommended**

# Il Peperoncino d'Oro

[VIA DEL BOSCHETTO, 36A](#) (MONTI) - TEL: +39 06 482 4756

This bistro style restaurant tucked away on Via del Boschetto offers a welcoming environment with refined, Italian dishes!

PRICE:

AMBIANCE:

-   
Mon - Sat:  
12:30 pm - 3 pm  
7 pm - 11 pm

RSVP:  
**recommended**

## Evening Drinks/Aperitivo



# Ai Tre Scalini

[VIA PANISPERNA, 251](#) (NEAR COLOSSEUM/MONTI) - TEL: +39 06 4890 7495

Amazing wine bar and appetizers. Great with the wife or friends... don't bring the family. You'll recognize it by the vines growing over the building and door. Its right off Via Dei Serpenti between Via Cavour and Via Nazionale. Great spot.

PRICE:

AMBIANCE:

-   
12:30 pm - 1 am

RSVP:  
**only walk-ins**



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# Il Marchese

[VIA DI RIPETTA, 162](#) (NEAR PIAZZA NAVONA) - TEL: +39 06 9021 8872

Tradition and elegance are the two best words to describe Il Marchese. Frequented by locals, this restaurant is just a five-minute walk from Piazza Navona. Not only does it have a great atmosphere by their cocktails are equally delicious. If you decide to come to Il Marchese then don't hesitate on ordering their mouthwatering Tiramisu.

PRICE:

AMBIANCE:

-   
12 pm - 1 am

RSVP:  
**recommended**

# Ciampini Roma

[PIAZZA DI S. LORENZO IN LUCINA, 29](#) (NEAR SPANISH STEPS) - TEL: +39 06 687 6606

Caffè Ciampini is located in Piazza San Lorenzo in Lucina near the Spanish Steps. This place is close to the shopping areas in Rome, perfect for a lunch break after a tiring morning of shopping or to have aperitivo.

PRICE:

AMBIANCE:

-   
8 am - 12 am

RSVP:  
**recommended**

# Eitch Borromini

[VIA DI SANTA MARIA DELL'ANIMA, 3](#) (PIAZZA NAVONA) - TEL: +39 06 686 1425

Inside Palazzo Pamphili, this exclusive hotel has one of the best views of Rome. From its terrace, you can admire the beautiful Piazza Navona while having a drink. We really recommend this rooftop bar, especially to enjoy the sunsets in the eternal city.

PRICE:

AMBIANCE:

-   
7:30 - 10:30 pm

RSVP:  
**a must!**

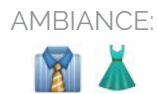




# Hotel Valadier Rooftop

[VIA DELLA FONTANELLA, 15](#) (NEAR SPANISH STEPS) - TEL: +39 06 361 1998

The rooftop terrace at hotel Valadier is the epitome of elegance. It is perfectly located in the city center near to all the main attractions. Here you can order some delicious food and cocktails while relaxing in the heart of Rome. Their attention to detail and fantastic service makes the experience a high-quality one. Perfect for spending the evening overlooking Rome.

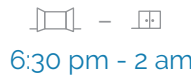


RSVP:  
**a must!**

# Le Asiatique

[LARGO DELLA FONTANELLA DI BORGHESE, 86/A](#) (NEAR SPANISH STEPS) - TEL: +39 06 6933 0441

If you're into Asian food then this Japanese room is a great option for you. Open from Monday to Sunday, Le Asiatique is a great place for enjoying aperitivo, having dinner or just sipping on cocktails. Their quality fusion food is paired with the restaurant's elegant vibe, making your visit a truly pleasant one. The atmosphere is one of the best ones in Rome, thought for the cosmopolitan public.

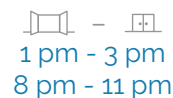


RSVP:  
**a must!**

# Bar Del Fico

[PIAZZA DEL FICO, 26](#) (PIAZZA NAVONA) - TEL: +39 06 6880 8413

Very hip bar where you'll find local Romans enjoying aperitivo as well as many internationals enjoying the ambiance. The piazza is like a scene from a movie.



RSVP:  
**not needed**  
**(except weekend evenings)**

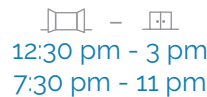




# Minerva Roof Garden

[PIAZZA DELLA MINERVA, 69](#) (NEAR PANTHEON) - TEL: +39 06 695 201

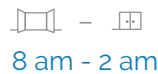
For a classy cocktail at a rooftop bar, you can't say no to visiting Hotel Minerva. Overlooking the historical center of Rome, with one of the most spectacular views of Piazza Venezia and the 'Wedding cake' monument, this is the place to get dolled up, sit back, relax and splurge a little on your Roman Holiday.



# Ombre Rosse Caffè

[PIAZZA S. EGIDIO, 12-13](#) (TRASTEVERE) - TEL: +39 06 588 4155

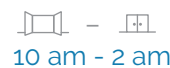
Cool little bar with indoor & outdoor seating in Trastevere. Great ambiance and scenery. Surrounded by great restaurants and Rome's most beautiful district...



# Pimms Good

[VIA DI SANTA DOROTEA, 8](#) (TRASTEVERE) - TEL: +39 06 9727 7979

Pimms Good is a great little bar with a good amount of outdoor seating. The building is completely covered in Ivy and has a very rustic, but clean look. Inside you have numerous tables and it's very common for them to have live music in the evenings. The food is definitely good if you're looking for a quick snack or 'in between meals' pasta!

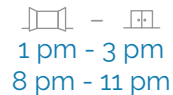




# Freni e Frizioni

[VIA DEL POLITEAMA, 4](#) (TRASTEVERE) – TEL: +39 06 4549 7499

Now you're in Trastevere like a real Trasteverino! This authentic piazza is home to a wonderful mixology bar known for complicated drinks. Do not go here for a rum & coke. Your cocktail will come alongside a buffet of food and you can either find a seat or sit on the wall outside. Super casual.



RSVP:  
**only walk-ins**

## Gelato



# Fatamorgana

[VIA LEONE IV, 50](#) (NEAR VATICAN/PRATI) OR [VIA LAURINA, 10](#) (NEAR SPANISH STEPS)  
OR [PIAZZA DEGLI ZINGARI, 5](#) (NEAR COLOSSEUM/MONTI)

A friend of The Roman Guy, the brain behind Fatamorgana, Maria, has been mastering the art of gelato making in Rome for the past few years. Dedicated to making only the freshest gelato with seasonal produce and real fruit, her slow food approach to gelato makes this gelateria a scrumptious and healthy stop at any time of the day!

# Gelateria dei Gracchi

[VIA DEI GRACCHI, 272](#) (NEAR VATICAN/PRATI) OR [VIA DI RIPETTA, 261](#) (PIAZZA DEL POPOLO)

A favorite amongst the locals and tourists to Rome, the locally sourced ingredients used in this gelateria make gelato to die for! Contents are all markets, so if you have dietary restrictions, you can choose what is suitable for you! Make sure you try their pistachio flavor, with chunks of pistachio through it you will soon understand why this flavor is a favorite amongst most Italians - just ask them yourself!



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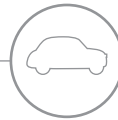


# Giolitti

[VIA DEGLI UFFICI DEL VICARIO, 40](#) (PANTHEON)

Established in 1900 and still run in the family, this gelateria has earned a positive name for itself over the years, making it a hot spot for tourists when visiting the city. Great gelato and the Pantheon is just round the corner, take it to go and sit on the steps of the fountain and admire the wonders of the ancient world.

## Transportation



### Bus

Bus tickets can be purchased at any Tobacco shops/coffee bars/ATAC ticket machines. They cost 1.50 euros and are good for 100 minutes from validation. They must be validated as you enter the bus. On the metro (subway) they will be validated automatically when you pass through the turnstile.

### Taxi

063570  
060609

## Emergency Contact Numbers:

118 – Ambulance  
112 – Carabinieri  
113 – Police  
115 – Fire Department



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