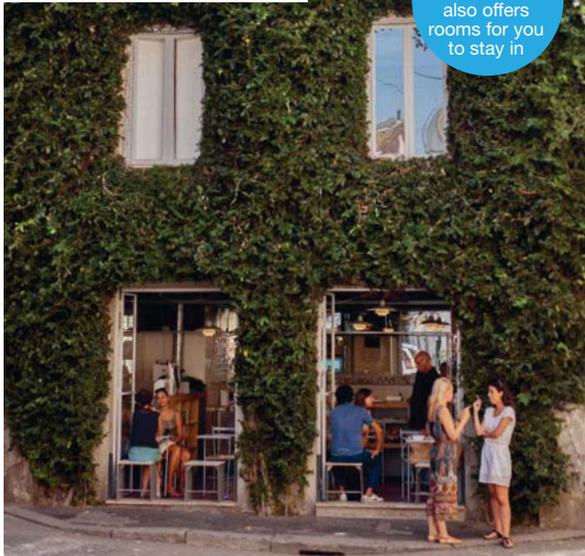


Lunch
Midday munchies



Stick around
—
La Casetta also offers rooms for you to stay in



Must-try
Tiramisu from Zum, Parione
This street café serves cups of tiramisu in the manner of a gelateria. It's prepared from scratch behind an open counter by chef Barbara Agosti, who uses organic ingredients and Brescian mascarpone. The recipe is her grandmother's, from Novi Ligure in Piedmont.
zumroma.it

1
La Casetta, Monti
Cosy hideaway

Nestled among tall palazzos, La Casetta is conspicuous for its shortness. Yet this tiny bistro's name – it means “little house” – may well refer to the homeliness within rather than its size. Hiding behind an alluring ivy-covered façade, this cosy space opened in 2013 and has avoided much of Monti's recent fanfare, making for a wonderfully peaceful stop-off at any time of day.

Forest-fruit or chocolate croissants and fresh juice are on the menu for breakfast; lunch (prepared off-site, given the kitchen's diminutive size) is all reliable risottos and richly stuffed focaccia. It's served on cute classroom-like chairs with annexed tray tables. Tea and cheesecake is a popular late-afternoon option but as the day winds down opt for the aperitivo with cheese-and-salami boards.
62 Via della Madonna dei Monti, 00184
+39 335 538 6046

2
Coromandel, Ponte
Mid-morning masterpieces

Though brunch is still a foreign concept to Romans, restaurants in the Italian capital are beginning to cater to those eager for something more substantial than a croissant and cappuccino in the morning. Around the corner from Piazza Navona, the kitchen at Coromandel expertly prepares hearty goodies, from pancakes and eggs benedict to waffles and cinnamon toast, all on dainty Limoges-style plates. There is all-day dining for those in need of a panini, or stop by in the late afternoon to sip a black-leaf tea or a soothing herbal infusion.
60-61 Via di Monte Giordano, 00186
+39 06 6880 2461
coromandel.it



3
Trapizzino, Testaccio
Hybrid snacks

Baker Stefano Callegari hit on the idea of the *trapizzino* back in 2008. Addressing a common and agonising lunchtime dilemma – should I have pizza or a different traditional Italian dish? – Callegari reasoned that the only sensible option is to have both. Opening his first shop in Testaccio, he began plying triangular slices of pizza filled with anything from aubergine parmigiana and cuttlefish to tripe (no, really). They're intended to be eaten on the go so simply order over the counter and you're set.
88 Via Giovanni Branca, 00153
+39 06 4341 9624
trapizzino.it

4
Supplizio, Ponte
Moreish bites

Don't let its name fool you (*supplizio* translates as “torture”): the traditional street food on offer at this cosy venue is anything but. The deep-fried balls of rice and meat ragu with a mozzarella centre are known as *suppli alla Romana*, and have been a long-time passion of Supplizio's owner, Arcangelo Dandini.

Dandini made a name for himself as owner of L'Arcangelo restaurant and is also a “gourmet archaeologist” who has extensively studied ancient Hebrew and Roman cuisine; these moreish snacks have been his particular favourite since childhood. Supplizio has a rustically decorated space in which to eat but perhaps it's best to savour these treats in the way they were intended: while strolling the narrow alleyways around the shop.

143 Via dei Banchi Vecchi, 00186
+39 06 8987 1920



5
Bonci Pizzarium, Prati
Perfect pizza

You might wonder what the big deal is with this backstreet stand-and-eat pizza venue. But it only takes one bite of Gabriele Bonci's *pizza al taglio* (pizza sold by weight) to see why he's one of Italy's most famous pizza slingers. The ingredients are top-notch, from prawns and rare lamb to the more usual suspects, but the main point of difference is the dough, made from Mulino Marino spelt flour and set aside to rise for 36 hours before being masterfully manipulated (as your taste buds will be) and baked to fluffy, crunchy goodness.
43 Via della Meloria, 00136
+39 06 3974 5416
bonci.it