

Four million incredibly vocal people mixed with three millennia of history make Rome a melting pot of natural beauty, diverse culture, and expected chaos, especially when it comes to food.

For tourists, the Eternal City has a reputation for being unfriendly, or worse, ill-prepared and insulting. I am here to tell you that is patently unfair ... just ask the Romans. They know where to eat, far away from all the visitors to their grand city.

From cheap and cheerful to wallet-trimming, these are the tables I visit time and time again for a true Roman dining experience.



rome food

Snacks at Trapizzino. (Photo: [Trapizzino/Facebook](#))

[00100](#): Testaccio's hole in the wall and my secret weapon for irrational hunger, 00100 is the home of the Trapizzino, crispy pizza pockets filled with uniquely Roman flavors like pollo alla cacciatura (spicy chicken), picchiapò (stewed beef), and trippa alla romana (tripe). A few years back, 00100 was a standing-room-only street food spot, but thanks to its popularity, the space was enlarged to include more bar-side seating and an exposed kitchen so you can watch the magic happen. Via Giovanni Branca, 88

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