

Tastes and tales of Rome

30

LOCAL

RESTAURANTS



YOU SHOULDN'T

MISS

Presented by



In collaboration with



Tastes and tales of Rome

30 Local Restaurants
You Shouldn't Miss

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Foreword

Shop Small: Discovering Neighbourhood Restaurants

by American Express

Trattorias, osterias, and neighbourhood restaurants evoke the typical Italian conviviality. Places where genuine relationships are cultivated, passing down the local culinary culture with a perfect balance between quality and accessibility. In these restaurants, the authenticity of local flavors is combined with a welcoming atmosphere, which speaks of the life of the neighbourhood and its inhabitants. True **social hubs** within our communities, they contribute to promoting cultural initiatives and encourage residents to connect. They attract tourists from all over the world, offering an authentic experience of our cuisine and traditions, sharing the stories behind their dishes, and revealing interesting facts about our neighbourhoods, inspiring them to return to our beautiful country.

For American Express, which has always been committed to supporting small shops, fostering the growth and highlighting the role of these restaurants is a priority. That is why it has chosen to dedicate a new project to them: an exclusive guide to informal restaurants in Rome. Created in collaboration with **Le Guide de L'Espresso**, a benchmark for food and wine excellence, and with the support of **Confesercenti Roma**, which represents and assists local small and medium-sized businesses, this guide celebrates the richness and authenticity of the capital's culinary tradition, which contributes to making it so special.

Roman cuisine is an irresistible attraction, loved both in Italy and internationally, that reflects the friendliness, warmth and timeless charm of one of the most beautiful cities in the world. The guide will bring you on a journey to discover excellent trattorias and osterias, offering genuine flavours, friendly atmospheres, and stories of passionate hosts and chefs. You will discover who passes down the recipes for the most famous traditional Roman dishes, those who reinterpret them with great respect, and those who have





achieved the dream of opening a successful restaurant. Diverse stories, united by a passion for cuisine, the traditions that nourish it, and the art of making people feel welcomed.

Whether you are true Romans, a fleeting visitor to the Eternal City, or a food lover in search of new experiences, we invite you to browse through these pages and let yourself be inspired. Enjoy your discovery and *buon appetito!*



Editorial

Tasting Rome through Identity, Research, and Dialogue

by Luca Gardini

Curator of
L'Espresso's Guide

Telling the story of a city's cuisine, especially a city like Rome, is an act of responsibility. In an increasingly fluid and complex gastronomic landscape, our role is not simply to select or rank. Our goal is to understand, interpret, and convey an authentic, in-depth, and mindful vision of the dining scene.

From this need comes **Tastes and Tales of Rome 2025**: an editorial project that seeks to read the city and its neighborhoods through its food, its places, and its people. This guide aims to offer a collective narrative, with quality, style, and identity as its core pillars. Rome, with its **historical, cultural, and culinary stratification**, is not only Italy's capital, it is a capital of culinary languages. These coexist, evolve, and merge, always preserving a strong and recognizable soul. At the heart of this project lies a desire to listen closely to Rome's kitchens, to understand what makes a dish not just technically accomplished, but also meaningful, story-driven, and emotionally resonant. We seek coherence, truth, and the thought that guides the chef's hand.

The guide is structured around well defined criteria:

- The **intrinsic quality** of the dish and of the overall gastronomic offering;
- **Territorial connection**, which in Rome is both a challenge and a gift: the ability to evoke tradition without simply repeating it, to respect memory while looking forward;
- The **philosophy** of the establishment, its sustainability, hospitality, relationship with the customer, and attention to detail;
- And finally, the **emotional component**, perhaps the most elusive, yet the most powerful: that which makes an experience truly memorable.

This guide gives space to all voices within Rome's culinary scene: the historic establishments and the new players, signa-



ture trattorias and research-driven kitchens, free-form formats and those with stricter frameworks. *We seek expressive strength and we look for stories worth discovering and sharing. Our mission is to engage deeply with each experience, to enter into dialogue with the chefs, and to understand where a dish comes from, what idea sparked it, what creative journey shaped it.* Because behind every great cuisine there is a vision, an identity, a message. And this guide is committed to capturing, respecting, and offering it to readers in a transparent, engaging, and truthful way. This guide is a **cultural project**. A tool for those who live in the city, those who visit it, and those who taste it.

We seek expressive strength and we look for stories worth discovering and sharing. Our mission is to engage deeply with each experience, to enter into dialogue with the chefs, and to understand where a dish comes from, what idea sparked it, what creative journey shaped it.



30
local
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Tradition

In Rome, tradition translates into precise gestures and familiar flavors. It's the soffritto that starts every recipe, the pecorino added by instinct, the experienced hand that knows the exact right moment. In the following restaurants, Roman cuisine reveals itself in its most authentic form: dishes prepared the old-fashioned way, with respect for raw ingredients, mastery of technique, and a constant devotion to simplicity that convinces rather than dazzles. From carbonara to saltimbocca alla romana, from handmade tonnarelli cacio e pepe to coda alla vaccinara, each place tells a story of continuity and belonging. Here, tradition isn't nostalgia, it's a living, everyday identity, carried forward by those who choose to preserve and renew it, day after day.

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Trattoria Perilli

since 1960

Bottega Trattoria De Santis

Via di S. Croce in
Gerusalemme, 15A/19
tel. 06 702 8124

San Giovanni



There is a corner of Rome, tucked away in the streets of **San Giovanni**, where food still tells stories of home, of generations that have passed down wooden spoons and recipes like treasured heirlooms. This is where **Bottega Trattoria De Santis** lives, a place born in 1960 and grown with the same spirit with which friends are welcomed to dinner: warmth, simplicity, authenticity. It all began with Grandpa Sergio, who opened a diner in the neighbourhood. Today, his grandsons **Federico**, **Stefano**, and **Davide**, carry on the legacy, transforming the bottega into a trattoria where Roman roots shine without falling into rigid nostalgia. The cooking is exactly what you'd expect from a family with Rome in their DNA. *"A proper carbonara, amatriciana with perfectly crisped guanciale, and a cacio e pepe that needs no fancy introduction."* But alongside these monuments of taste, there is also room for some playful twists, like *"salt cod croquettes with eggplant cream or a pistachio semifreddo"* that ends the meal with a satisfied smile. Their philosophy? Seasonal, carefully sourced ingredients. Dishes that are thoughtful but never overworked. Generous portions and flavours that speak for themselves. **Everything is homemade**, from the bread to the desserts, not for trendiness, but because craftsmanship here is second nature. And then there's the atmosphere: relaxed, familiar, with just the right touch of hospitality and care to make you want to come back.

Da Dante

Via Monte Santo, 36
tel. 06 372 0852

Prati



No bright signs, no special effects: you can find **Da Dante** by following the aroma of sauce and a few local tips. Nestled among the buildings of the **Prati area**, over the years this family-run trattoria has become a haven for those in search of genuine Roman cuisine, made with love and care. The story began more than twenty-six years ago with Armando and Micaela, who later brought their children, Martina, Francesco, and Marco, into what is, first and foremost, a family affair. Their secret? No secret at all: just quality ingredients, respect for **traditional recipes**, and a dining room that makes you feel at home before you've even sat down. The menu features everything you'd hope, and expect, from a true Roman osteria with clear ideas: "*Carbonara, oxtail, tripe, Jewish-style artichokes. And for those craving a taste of the sea without straying too far from Roman roots, there are rigorously executed seafood dishes like spaghetti alle vongole (clams) and sautéed mussels*". The atmosphere is simple but carefully curated, with outdoor tables perfect for Roman evenings, and service that is attentive without ever being intrusive. People come to Da Dante to eat well, of course, but above all, to feel part of something that resembles a big neighbourhood dinner table. Here, Roman culture isn't a slogan, it's a way of cooking, hosting, and storytelling. And enduring, with grace and grit, in a city that's always changing, but never stops **craving authenticity**.



TRADITION

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Da Francesco

Piazza del Fico, 29
tel. 06 686 4009

Centro



Just a stone's throw from Piazza Navona stands **Da Francesco**, a restaurant that has been a cornerstone of Roman culinary tradition since 1957. Established as a simple wine bar by **Francesco Boni**, it began as a place of authenticity and simplicity: locals would bring their own food and only buy the wine, spending long, convivial days together. Today, almost seventy years after its opening, the family is in its third generation. *"For us, the future is already in present times. History never expires,"* says **Federico Esposito**, the restaurant's owner. *"We're mindful of trends, of generational change, without ever betraying our identity."* Ingredients are chosen with obsessive care, from Italian excellence to select international products, in a never-ending pursuit of absolute quality. Their signature dish? A house-born creation from the early 2000s: **Gricia al Tartufo**. Handmade fettuccine, PDO Amatriciano guanciale, Coccia Nera Pecorino Romano, and prized black truffle from Norcia. *"A rich, tasty, and perfectly balanced dish,"* Federico says with pride. The wine cellar is a universe of its own. With over 1,500 labels, the wine list reflects a boundless passion for quality, with a strong focus on France: Champagne, Burgundy, Loire, Provence. *"Our wine list is the result of a great passion for the best wineries in Italy and beyond."* Today, Da Francesco continues to speak to a wide audience, from loyal regulars to a new generation in search of true authenticity.

Da Enzo al 29

Via dei Vascellari, 29
tel. 06 581 2260

Trastevere



There's a side of **Trastevere** that resists trends, that doesn't need bold statements to tell its story. It's made of tightly packed tables, familiar scents, and genuine hospitality. And that's exactly where Da Enzo al 29 fits in, a **trattoria** in the truest sense, with wooden chairs, mismatched glasses, and a queue outside that says it all. The story begins like many in working-class Rome: a **neighbourhood osteria** in the 1930s, where wine was poured from the barrel and you brought your own food from home. A lot has changed since then, but the spirit remains the same, familiar, honest, and heartfelt. Keeping it alive is the **Di Felice** family, who've turned this little corner of Trastevere into a garrison of the most authentic Roman cuisine: no frills, all soul. *"Enzo lives on in the memories of customers who came here when he was running the place. He was a host with a huge heart."* And the food? A hymn to well-executed simplicity. The tonnarelli alla carbonara are among the city's most-loved, thanks to a textbook-perfect creaminess and carefully chosen ingredients: whole organic eggs, PGI guanciale from Amatrice, DOP Pecorino from Agro Romano. *"There are artichokes, supplì (rice balls), meatballs in tomato sauce, and of course the slow-cooked coda alla vaccinara (oxtail stew), just like tradition dictates."* Many ingredients come straight from the family's own farm, **Le Terre di Enzo**, in Belmonte in Sabina: a way to ensure freshness and quality, but also to stay connected to the land, literally. The space is cozy, warm, and unpretentious. No reservations, just wait outside, chat, and sneak a peek at what's on the plates inside.

Felice a Testaccio

Via Mastro Giorgio, 29
tel. 06 574 6800

Testaccio



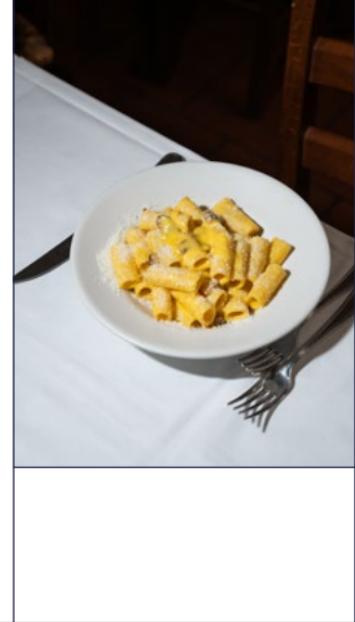
Some places capture the soul of a neighbourhood better than others, and **Felice a Testaccio** is one of them. Founded in **1936** as a no-frills osteria, it was once a haven for true-born Testaccio locals: simple dishes, a family-style atmosphere, and that rough-around-the-edges but utterly genuine brand of Roman hospitality. *“It was founded by my grandfather, Guido Trivelloni, and over time, the baton was passed to my father, Felice, who turned the place into a true Roman institution.”* Today, the famous restaurant is in its third generation, with son **Franco** leading the gastronomic project with the same spirit as always but with a more contemporary eye. The setting is refined, elegant without losing warmth, and the service has that theatrical touch that makes every visit feel like a small performance: just think of the iconic cacio e pepe, tossed at the table in front of you, now a must for anyone setting foot here for the first time. *“The menu remains firmly rooted in Roman tradition: tripe, oxtail, roast lamb, Roman-style artichokes, all prepared with precision and top-quality ingredients.”* Each dish tells the story and the unmistakable taste of Roman cuisine. Yet, there’s no lack of freshness in the approach, a desire to make tradition appealing even to the most curious and contemporary palates. Felice is not just a name: it’s an idea of Rome that stands the test of time, that renews itself without ever betraying its roots. And in a neighbourhood like Testaccio, which knows how to be humble and noble at the same time, this may just be the highest praise possible.



Flavio al Velavevodetto

Via di Monte
Testaccio, 97
tel. 06 574 4194

Testaccio

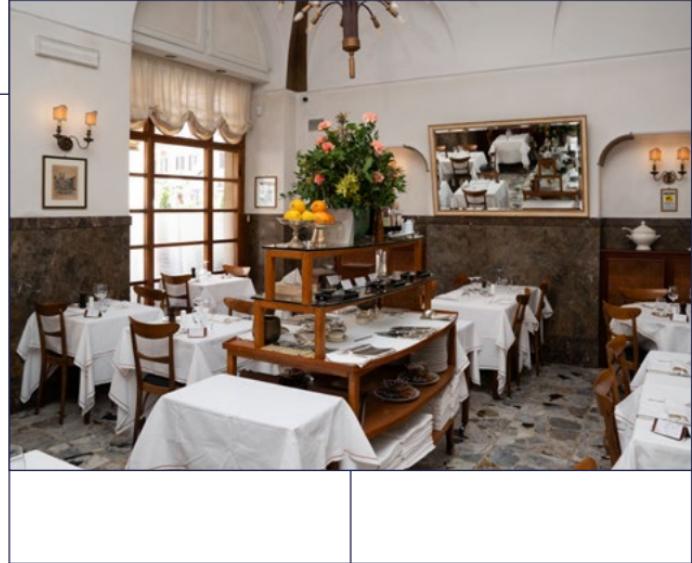


In **Testaccio**, where food is a serious matter and every dish has a story to tell, there's an address that's carved out a special place in the hearts, and stomachs, of Romans: Flavio al Velavevodetto. The name says it all, a joke, a promise kept, a "told you so" with a fork still in hand. **Flavio De Maio**, a well-known figure in the Roman dining scene, opened this spot after years of hands-on experience, bringing with him a single certainty: that Roman cuisine, when done right, doesn't need to be reinvented. *"All you need is respect, a steady hand, and a lot of love."* Said and done. The restaurant is tucked into a unique corner of the city, at the foot of **Monte dei Cacci**, where ancient amphora fragments frame a bright and casual dining room. No over-the-top décor here, just an authentic, laid-back vibe that feels like lunch at your aunt's place (the one who really knows how to cook). Flavio's strength lies entirely in substance. No gourmet piroettes: the carbonara is perfectly creamy, the *tonnarelli cacio e pepe* taste of childhood, and the amatriciana has that burst of flavor that makes everything feel right again. Among the mains, the Roman staples are all there: *coda alla vaccinara* (oxtail stew), *abbacchio* (roast lamb), tripe, plus a few off-menu specials that change according to the day and the market. *"Since '95, our story has been one of true flavours, tradition, and passion."* Service is quick, friendly, and served with that Roman wit that makes you smile, even when they're telling you there's a wait for a table.

La Matriciana dal 1870

Via del Viminale, 44
tel. 06 488 1775

Esquilino



A name that tells the story of an era. La Matriciana traces its roots back to late 19th-century Rome, when a family from **Amatrice** opened a small wine shop near the Teatro dell'Opera. From that modest beginning a story that would span centuries was written, becoming a landmark of Roman dining. It was the legendary Signora Anna, affectionately nicknamed "**La Matriciana**" by everyone, who turned it into a real restaurant. Charismatic and passionate, she remains a beloved figure in the city's collective memory. Today, **Fabio** and **Mauro Crisciotti**, third-generation owners, are the guardians of that legacy. To this day, the restaurant retains its original furnishings and is a proud member of the Associazione Locali Storici d'Italia, a sign of its deep bond with Roman tradition. *"Our philosophy is the one our father Fortunato taught us: care for the customer; unwavering attention to top-quality ingredients, and the desire to improve every day with passion,"* says Fabio. *"Our signature dish? Naturally, Bucatini alla Matriciana, our house version. Simple, freshly made, and timed just right."* No onion, just peeled tomatoes cooked down to a sauce, well-aged Pecorino Romano, and guanciale from a trusted local producer. Their gaze is set on the future, but their roots run deep in Rome's past. La Matriciana remains a culinary cornerstone, faithful to its origins, and always ready to evolve where it matters.



Sora Lella

Via di Ponte
Quattro Capi, 16
tel. 06 686 1601

Trastevere



Sometimes, all it takes is a name to evoke an entire world. And in the case of **Sora Lella**, that name is a promise: of warmth, of honest flavors, of Roman spirit made flesh. Nestled on **Tiber Island**, between the two banks of eternal Rome, this restaurant is far more than a gastronomic destination, it's a home, a stage for real life. It was founded by **Elena Fabrizi**, actress and cook, sister of the great Aldo Fabrizi, but above all a woman with a strong will and a tender heart. It was 1940 when she opened her first restaurant in Piazza della Cancelleria, near Campo de' Fiori. Today, the **Trabalza family** carries on her legacy into its **third generation**. Renato runs the kitchen, **Mauro** oversees the dining room, while the younger **Elena and Simone** lovingly take care of every detail. *“Every dish we serve is born from sacrifice, dedication, and a love that’s been passed down through generations,”* they say. The restaurant has changed over time, but it has never lost its soul. If anything, it refines it every day, without ever giving up the straightforward charm of its origins. The philosophy is as simple as it is solid: *“Genuine and organic ingredients, seasonal and top-quality, but above all, passion and sacrifice.”* The menu is a journey through **Roman cuisine**: **Nonna Lella’s meatballs**, on the menu since 1940, set the tone, followed by lamb offal with artichokes and Viterbo potato gnocchi all’amatriciana. And the future? *“Everything has a beginning and an end. We live in the present, never forgetting our roots.”*

Taverna Trilussa

Via del Politeama,
23/25
tel. 06 581 8918

Trastevere



Trastevere, with its warm lights and time-worn cobblestones, is Rome's most theatrical heart. And right there, on one of its most charming streets, you'll find Taverna Trilussa, now owned by **Massimo and Maurizio Pirola**, a restaurant that feels less like a eatery and more like a living tribute to Roman dining. Founded in the early 20th century, this taverna has made tradition its motto and quality its pact with customers: *"Quality is the only investment that never fails."* Walking into Trilussa is like stepping into the Rome of yesteryear, where heavy tablecloths, copper pans, and aromas straight from grandma's kitchen set the mood. Every detail, from the paintings on the walls to the wine bottles doubling as décor, speaks the warm, rustic language of heartfelt hospitality. On the menu, of course, the most **authentic Roman cuisine**: *carbonara, amatriciana, gricia, and cacio e pepe*, all served straight from the pan, as if to say "here, we don't do things halfway." The gesture of the waiter bringing the sizzling pan to the table has become part of the show. Then come the main courses: *coda alla vaccinara* (oxtail stew), *abbacchio al forno* (roast lamb), dishes that don't compromise flavour. At the helm is the **Pirola** family, who have remained faithful to the **restaurant's identity**, steering clear of trends while wisely keeping in line with the times. Service is attentive but never stiff, and the atmosphere is that of a Rome that loves to tell its story, between a glass of red wine and a bite of history. Taverna Trilussa isn't just a restaurant: it's a love letter to the city.



Trattoria Perilli

Via Marmorata, 39
tel. 06 575 5100

Testaccio



Founded at the end of the 19th century by husband and wife **Bernardino and Irene Perilli**, Trattoria Perilli took its first steps on Via dell'Oca, before settling into the Rome's **Testaccio** area. It was 1911, and a story began that would span generations, wars, and countless transformations, without ever losing the thread of its identity. During World War I, the restaurant's reins were passed on to **Ferdinando Perilli** and the legendary Sora Rosa. She ruled the kitchen, he ran the dining room, a perfect team. While carters played *morra* (a traditional Roman hand game) and sipped white wine stored in the cellar below, Rosa was upstairs cooking dishes that today would be considered a cultural heritage: *coratella* (*innards*), oxtail, tripe, sweetbreads, the famed *quinto quarto* (*the fifth quarter*) that defined **Testaccio's culinary identity**. Today, the legacy is carried on by **Ferdinando and Maurizio Perilli**, the fourth generation to helm the stoves, proud guardians of a timeless tradition. Their philosophy? "Stick to the old recipes, use a few good ingredients, and skip the frills." As Ferdinando puts it, "Traditional cooking stands the test of time." The signature dishes? *Rigatoni alla carbonara* and *coda alla vaccinara* (*oxtail stew*), Roman classics that have never left the menu. And the future? "If there's no fifth generation, we'll pass it on to someone worthy, someone who can carry the torch. We'll do everything we can to make sure Perilli lasts another hundred years." And judging by this trattoria's enduring spirit, that milestone feels well within reach.



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Antico Arco



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Aromaticus



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Brado



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Osteria
delle Coppelle

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Pastificio
San Lorenzo



Innovation

To innovate means knowing how to look beyond tradition, without denying it. In Rome, the new wave of cuisine emerges from the desire to tell the story of a vibrant, curious city that's willing to reinvent itself by starting with what it knows best. Seasonality, ingredient quality, and a deep respect for local identity are the foundations for chefs and restaurateurs reinterpreting Roman food through a contemporary lens. In the restaurants that follow, innovation is never an end in itself. It's a conscious, intelligible process that puts experience, vision, and flavor at the center. Techniques are layered, service is polished, and the spaces are designed to welcome. These are places where every detail matters, and where the future of Roman cuisine is written, one plate at a time.

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L'Arcangelo



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Osteria 23



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Pennestri



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Ristoro Degli Angeli

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SantoPalato

Antico Arco

Piazzale Aurelio, 7
tel. 06 581 5274

Gianicolo



In Rome, just above Trastevere, there is a spot where the city opens up before your eyes and time seems to slow down: the **Gianicolo**, a neighbourhood of understated beauty and breathtaking views. It is here that **Antico Arco** has been rooted for decades, never ceasing to evolve. A restaurant that has become a **true institution for lovers of good food** and innovation alike, because if there is one thing Antico Arco has never been, it is static. *“Antico Arco was born with a clear idea: to elevate Italian cuisine to a new level, where technique meets emotion and tradition is reinterpreted through a modern lens,”* explains chef **Fundim Gjepali**. His is a vision that has developed over the years with consistency, heart, and a keen sensitivity to change. The menu draws inspiration from the Italian territory, approaching top-quality ingredients with creativity, boldness, and respect. Chef Gjepali’s signature style combines flair and tradition with remarkable finesse. It’s a restaurant that welcomes every guest with genuine warmth and passion. The elegant style of the dishes like *deboned roast pigeon with sour cherries and agretti*, along with the restaurant’s constant innovation in both concept and execution, delivers a culinary experience that is authentic, dynamic, and designed to both comfort and surprise. Choosing a single dish that captures all this is no easy task, but the **poached egg with Parmigiano fondue and black truffle** comes close: it tells a story of rich tradition, attention to detail, and the perfect balance between comfort and surprise. A treat dish, with character. Antico Arco is the kind of place you return to, where the ritual of dining is celebrated with awareness and style.

Aromaticus

Via Urbana, 134
tel. 06 488 1355

Monti



There's a little corner of Rome's **Monti** district where plants are not just decoration, they're a daily source of inspiration. It's called **Aromaticus**, and since 2011, this herb-scented bistro has grown into something more than just a restaurant, a place with a green vocation: it's a way of living, of cooking, of thinking. Owners **Francesca Lombardi** and **Luca De Marco**, wife and husband, describe Aromaticus as "*a return to the evocative simplicity of homemade vegetable soup, but also the kind of place where a watermelon transformed into a steak will make you smile.*" Their cuisine is warm, generous, and deeply respectful of what the Earth gives us every day. One dish, in particular, captures this philosophy and is considered iconic: "*Our Aromatic Salad*", a vibrant manifesto of their approach. It features ten different leaves, five aromatic herbs, fruit, flowers, toasted seeds, and seasonal sprouts. It's **botanical cuisine**, rooted in the soil and reaching toward a lush, sustainable future. With their second location in Trastevere, Francesca and Luca have expanded their vision. The goal is clear: to **nourish body, spirit, and memory**, through a celebration of flavour where every ingredient is honoured. Innovation here isn't about spectacle, it's about reinventing simplicity every day. Aromaticus is both **gentle and radical**, a way to bring nature to the plate, one leaf at a time.



Brado

Viale Amelia, 42
tel. 375 514 0851

San Giovanni



Brado, located in Rome's **San Giovanni** neighbourhood, is a magical place where the passion of three brothers becomes a **sensory journey**, one that tells stories of nature, tradition, and a deep love for meat dishes. Stepping through the doors of Brado means walking into a space filled with warmth and authenticity. Here, every detail, from the weathered wood to the soft lighting and the smoky aroma drifting from the kitchen, speaks of **authentic hospitality**. Here, the fire is the true heart of the kitchen, bringing bold, honest flavours to life. The philosophy behind Brado is a **conscious choice of ingredients**: wild game sourced from carefully selected collection centres, and animals reared in the wild, thanks to long-standing, trust-based relationships, like the one with Vittorio, a loyal friend and supplier for over fifteen years. This bond ensures a **transparent supply chain** and outstanding quality. The vibe? Think of a laid-back evening at a friend's pub, complete with a large bar and **twelve taps** of expertly selected craft beers designed to pair seamlessly with every dish. *"Coming here is like stepping into our home,"* says **Christian Catania**, one of the three brothers behind Brado. The kitchen is **constantly evolving laboratory**, a playground of flavors and balance that's hard to sum up in just one plate. Yet, one dish stands out as a favorite: *"Our pici with white ragù of free-range pork and aromatic herbs"*. It's a dish that captures Brado's spirit, rustic, intense, and deeply rooted in the memory of the countryside.

L'Arcangelo

Via Giuseppe
Gioachino Belli, 59
tel. 06 321 0992

Prati



In Rome's Prati district, there's a place where time seems to slow down, where **flavors tell stories**, and hospitality wears the face of **Arcangelo Dandini**, chef, and **Stefania Sammartino**, maître and sommelier, partners in work and in life. Since 2003, *L'Arcangelo* has been more than just a restaurant: it's a **genuine family experience**. Here, tradition lies at the heart of every dish, yet it's interpreted with a **lightness and modern touch** that makes each bite a delightful surprise. The walls themselves speak of a family that has made hospitality a way of life for five generations: family photos and memories accompany dishes that taste like home, with just the right dose of creativity to captivate the senses. The ingredients are sacred: **seasonal, carefully selected products** come from the Lazio region and the Roman countryside. *"It's not just a philosophy, it's a set of values deeply rooted in our DNA,"* explains Arcangelo. *"From an obsessive search for quality to a constant focus on sustainability, everything we do is meant to create dishes that speak from the heart."* **Cooking is a story that unfolds over time**, one that stirs emotions and memories. A perfect example? *"Our egg pasta filled with oxtail alla vaccinara"*, a refined tribute to a Roman classic. Reimagined with care and innovation, this dish becomes a comforting embrace on the palate, honouring the **Roman culinary tradition** while reinterpreting it with elegance and originality.



Osteria 23

Viale
delle Gardenie, 131
tel. 376 213 7604

Centocelle



In the beating heart of **Centocelle**, nestled among colourful shutters and the scent of freshly baked bread, **Osteria 23** stands out as one of the most compelling faces of the new Roman food scene. The name is simple and direct, just like the restaurant's philosophy: honouring tradition with a contemporary spirit. There are no flashy tricks here, just clear ideas. The dishes speak Roman but with an extra gear: solid technique, carefully selected ingredients, and a clean, modern aesthetic that never sacrifices substance. Here you can eat like you're at home, but with that extra something that only those who really know how to cook can give. It's a cuisine that feels familiar yet never predictable, comforting yet capable of surprising you. The smiles of those that welcome you reflect the spirit of Osteria 23: friendly, spontaneous service, like a friend who saved you a seat at the table. Fresh pasta is made daily in their own kitchen, a **guarantee of goodness** that you can taste from the very first bite. The menu changes just enough, dancing between Roman classics and regional detours that make you want to try everything, and **lick your lips** once the culinary journey ends. *Unforgettable highlights include the boiled meatballs with lime mayo and the hearty polenta with wild boar and pork crackling popcorn.* Each dish is conceived as a small performative act, crafted to surprise and engage, with meticulous attention to every detail on the plate. The result? A cuisine that doesn't need to shout to be heard, **it speaks softly, but leaves a lasting impression.**

Osteria delle Coppelle

Piazza delle Coppelle,
54/55/56
tel. 06 4550 2826

Centro



There's a special corner of Rome where, ten years ago, **four friends** with a passion for good food and togetherness turned a dream into reality: *Osteria delle Coppelle*, born almost by fate in the beating heart of the square that shares its name, home, also, to its hidden gem: the secret bar **Club Derrière**. Every detail here tells a real story, as owner **Francesco Gasparri** reveals: *"The secret wardrobe that leads to our speakeasy? It came from one of the partners' mountain homes, it was his grandmother's old cupboard."* These small gestures, these memories, create a warm, welcoming, and **truly authentic atmosphere**, the kind that makes you feel instantly at home. The setting, with its wooden tables, vintage tiles, and soft lighting, is perfect for relaxed, convivial moments. The menu is varied and inspiring, grounded in **Italian cuisine with a strong Roman soul**, yet never afraid to be influenced by international flavours. A real signature of Osteria delle Coppelle? **Their legendary cicchetti:** *"We offer 22 small bites that change frequently, alongside daily specials from chef Gianni Proli,"* a true craftsman of taste who loves to experiment with different cuisines and cultures. These bites are ideal for tasting, sharing, and discovering, a modern evolution of finger food that adds a contemporary, innovative edge to the osteria experience. The wine cellar also deserves a special mention, with **over 100 carefully curated labels**, including prestigious wines, vintage bottles, and fine champagnes.

Pastificio San Lorenzo

Via Tiburtina, 196
tel. 06 504 2669

San Lorenzo



A group of determined young people, driven by a simple yet ambitious idea: to bring a **historic** venue in Rome's **San Lorenzo** district back to life, giving it a fresh identity. This is how **Pastificio San Lorenzo** was born, a project that tells the story of a **contemporary cuisine** that is straightforward, clean, and honest, with no unnecessary frills, as co-owner and restaurant manager **Matteo De Angelis** puts it. At the heart of it all is the **raw ingredient**: top-quality produce sourced from the rich and generous Lazio region, respected and enhanced at every stage of preparation. Dishes such as the *Tortello "Ajo Ojo e Peperoncino"* with bread foam, sea bass bottarga, and mint embody this philosophy, **seasonal, simple, yet refined**, with a focus on sustainability and locally sourced ingredients. Pastificio San Lorenzo's cuisine embraces the soul of a **modern osteria**, speaking to everyone with **sincerity and taste**. The wine list is equally thoughtful, favouring **natural labels** that align with the restaurant's ethos. The large bar counter invites guests to explore the world of beverages under the guidance of **Federico Tomaselli**, whose expertise transforms the wine and drink offering into an integral part of the experience, not just an afterthought. This is Pastificio San Lorenzo: **a bridge between past and present**, not a nostalgic revival, but a bold step forward. A new chapter for a historic place, written with purpose, precision, and passion.

Pennestri

Via Giovanni
da Empoli, 5
tel. 06 574 2418

Ostiense



Imagine a place where the **traditional Roman trattoria** meets contemporary aesthetics: the warm of wood blends with raw concrete walls and minimalist design. Born in 2017, in the vibrant heart of Rome's **Ostiense** district you can find **Trattoria Pennestri**, a project by **Tommaso Pennestri** and **Valeria Payero**, a couple united first in the kitchen and later in life, driven by a clear dream: to create a dining experience that is welcoming, innovative, and deeply rooted in Roman territory. Tommaso brings with him the expertise of Rome's great kitchens, while Valeria passionately curates a selection of **natural wines**, selecting labels that perfectly align with the philosophy of the restaurant. Together, they have designed a refined space where every detail conveys simplicity and harmony, making guests feel at home. The menu follows the **rhythm of the seasons**, changing every 3-4 months, always centered around the quality of local ingredients. It's hard to choose just one signature dish, but "*our coratella (offal) with lemon zest and salted ricotta perfectly captures the spirit of Pennestri*," a heartfelt tribute to the Roman tradition of quinto quarto (offal dishes). The short supply chain is an essential choice, the result of a "continuous exchange aimed at mutual learning and **growth**," explains **Melina Payero**, consultant and expert voice in ingredient selection. What truly sets the experience apart is the teamwork between the kitchen and the dining **room**. There's no single star here, only a collective that, day after day, transforms each visit into something far more than just a meal.

Ristoro Degli Angeli

Via Luigi Orlando, 2
tel. 06 5143 6020

Garbatella



In the vibrant heart of **Garbatella**, one of Rome's most iconic neighbourhoods, there's a place where **food becomes storytelling**: *Ristoro degli Angeli*. Opened in 2022, the restaurant carries the legacy of a historic local spot that, for 17 years, served as a cornerstone for the community. Today, three friends have taken up the baton, turning a cherished memory into a new embrace of the **Roman spirit**: warm, welcoming, and authentic. People come here to **feel at home**, but also to be pleasantly surprised. The dishes are honest, thoughtful, and driven by a clear vision: **deep respect for tradition**, but always with a keen eye on the future. Getting lost in the menu is easy, helped along by the intoxicating atmosphere and the **palpable love for the territory**, which flows into every detail. One dish, above all, captures this philosophy: "*Egg in Trippa (tripe)*", which even earned a spot in the *Washington Post*. "*It's a revival of traditional recipes that had nearly disappeared*," explains Marco Ceccarelli, one of the owners. It embodies a **fusion of memory and innovation**, as also seen in the *jujube broth with royal pasta*, a forgotten treasure reimagined. But don't be fooled by accolades: here, it's not about appearances, **but substance**. What makes the real difference is the **quality of the ingredients**, the care in the service, the ongoing research, and the sincere attention to each guest. It's a **living philosophy**, where modernity lovingly embraces tradition, vegetarian options included.

SantoPalato

Via Gallia, 28
San Giovanni



Set in the lively neighborhood of **San Giovanni**, **SantoPalato** is a contemporary trattoria that speaks Roman with a new kind of language. Since 2017, it has been helmed by **Sarah Cicolini**, a passionate chef with an uncanny ability to anticipate shifts in the culinary landscape. *"We found ourselves right at home in a wave of cuisine and hospitality that reflected our ethos,"* she explains, describing a project that is at once coherent, popular, and ambitious. With the help of creative studio **Naessi**, the restaurant was conceived as a journey through the history of the Italian trattoria, blending memory and modernity. Everything here tells a story: the dishes, the design, the welcome. The menu is a hymn to Roman tradition, without nostalgia. From classic offal dishes to more personal creations like our terrine of tongue and oxtail with pickled vegetables and salsa verde, each plate is, in Sarah's words, *"surprising, because our approach to ingredients and hospitality evolves day by day; seductive, because the indulgence of some dishes is undoubtedly a strength of the menu, but it's matched by the boldness of certain pairings and preparations."* Ingredients are treated with care and respect, the techniques are thoughtful and transparent, and flavor is always front and center. The neighborhood is part of the story, hospitality is key, and the kitchen is very much alive. **SantoPalato** is a place where ingredients are sacred, and every detail tells a story of honest, personal cooking, rooted in tradition, yet always curious about the present.



Recent Openings

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53 Untitled



02

Casa Dante



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Casadora



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Fassangue

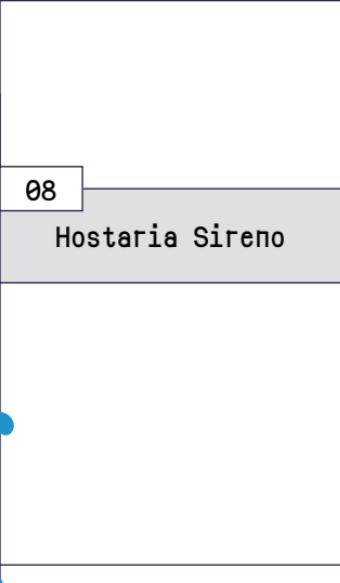
07

Frezza
Cucina de Coccio



04

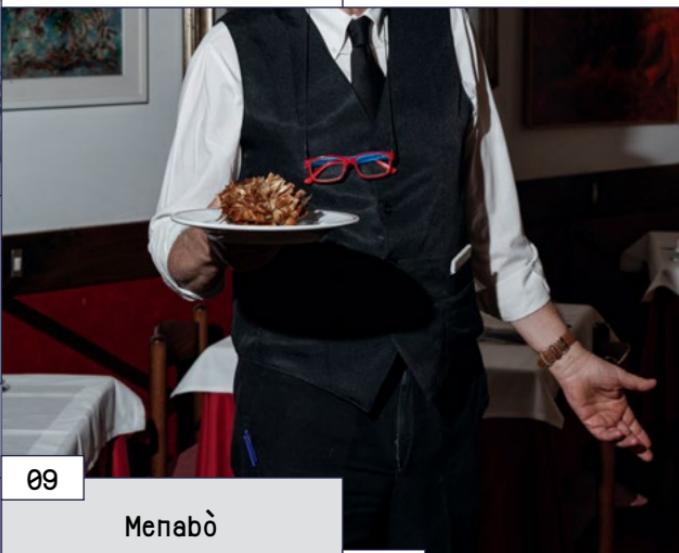
Eufrosino Osteria



In Rome, every new opening is a sign of vitality. The city keeps re-inventing itself at the table, with restaurants that combine creativity, awareness, and a strong focus on quality. These new addresses enrich the city's culinary identity with fresh voices: young chefs, original formats, kitchens that engage with the local territory without fearing experimentation. These are not just novelties, they are real hospitality projects that reflect the present with an open and concrete vision. Thoughtfully designed spaces, contemporary gastronomic proposals, and attention to the needs of an increasingly curious and informed public: these are the hallmarks of the most interesting recent additions. Rome continues to evolve, and these restaurants prove it, bringing new ideas to both historic neighborhoods and up-and-coming areas, helping redraw the taste map of tomorrow.

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Fase Cucina Spontanea



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53 Untitled

Via del Monte della
Farina, 53
tel. 375 715 0155

Centro



Born from a convergence of experiences and a deep love for hospitality, 53 Untitled is a restaurant in the **heart of Rome** where good food is never a formality, it's a moment of sharing and joy. Here, people, both guests and staff, are at the centre, with the same care and attention devoted to each dish. Executive Chef **Cecilia Moro**, together with **Mariangela Castellana**, the welcoming soul of the dining room, has designed a space that tells a story of Rome through warmth and modernity. With wood and industrial details, thanks to a collaboration with Roman architect Adalberto De Paoli, the goal is to make every guest feel truly welcomed, in a serene, familiar environment that invites you to slow down. The menu is a **sensory journey** that travels through spices and aromas, evoking lived experiences and faraway places. Take their ceviche-style sashimi of local catch, for instance: fresh, delicately balanced between acidity and sweetness, celebrating the Italian sea with grace—not excess. Here, bliss comes without pretensions: food is **multisensory**, sincere, and joyful. Ethics is more than just a philosophy, it's practice. From seasonality and sustainable sourcing to genuine respect for those who work. *“Only those who see the world can truly tell its story on a plate,”* explain Cecilia and Mariangela. *“What makes the real difference? The ‘we,’ that sense of team and authentic beauty each member brings every day.”* 53 Untitled isn't just a restaurant. It's a happy place waiting to be discovered, where Rome reveals itself through people, flavours, and soul.

Casa Dante

Piazza Dante, 8
tel. 06 8538 4091

Esquilino



In the heart of **Esquilino**, there's an address that has become a small institution for those who love good food and want to experience the city with lightness and ease. Born from the vision of **Alessandro Campanozzi** and a group of like-minded partners, this place was created to feel like home: cozy, relaxed, and perfect from morning coffee to evening cocktails. The cuisine is a simple journey packed with flavour: artisan-style customisable *pinse* (*Roman style pizza*), well-composed boards of cured meats and cheeses, and of course, great wine. The ingredients speak for themselves, and the thoughtful composition of each dish reflects the soul of the restaurant: conviviality, attention to detail, and a passion for good food. The space is intimate yet open, with modern décor, soft lighting, and a **vintage-industrial touch**, it used to be a garage, lovingly reimagined and transformed into a warm, contemporary setting. The beating heart of the place? A large communal table, designed for sharing food, wine, and conversations. Casadante brings fresh energy to Esquilino, with the rare ability to convey calm even amid the city's bustle. Between a coffee and a glass of wine, a chat with your table neighbour, it's the kind of place you stumble upon by chance, and leave already planning your next visit. It's a living space, a fixed point in a **moving neighbourhood**. It speaks Roman, but with an international soul. *"Here, every day has its own rhytm, made of smiles and the pleasure of feeling at home, even when you're far from home."* Whether it's a quick break or a long dinner with friends, everything flows effortlessly.



Casadora

Via Oslavia, 11
tel. 06 9799 7397

Prati



In Rome, where the pasta-making tradition is woven into the city's culinary soul, Casadora emerges as a fresh pasta workshop with a clear mission: to renew the classic pastificio concept, without losing its heart. "Casadora was born from a desire to bring innovation to the heart of a millenary tradition, that of fresh pasta, while honouring it with respect and passion," says **Valerio Spadaro Guerra**, founder and creative force behind the project. Located in the **Prati** neighbourhood, Casadora is a place where you can taste handmade Bolognese tortellini, while also exploring Eastern flavours like gyoza and noodles, all paired with a curated wine list of over 150 labels, carefully chosen to enhance every dish. Here, you can take home the very same pastas and house-made specialties you taste on-site, bringing a bit of Casadora's soul to your own kitchen. Among their signature dishes? "*Our Carbonara-filled Tortelli perfectly capture the spirit of Casadora*", a dish that looks simple, but hides a rich, creamy filling that both surprises and tells the story of a place that twists the rules without betraying its **roots**. "*When passion and love go into the raw ingredients and processing, the result becomes almost magical*," Valerio explains, emphasising the meticulous care poured into every detail. Casadora is an invitation to slow down, to **discover new and familiar flavours at once**, and to embark on a food journey where **quality and authenticity** are the beating heart of everything.

Eufrosino Osteria

Via di Torpignattara,
188
tel. 348 588 3932
Tor Pignattara



In the beating heart of **Tor Pignattara**, among historic shops and everyday life, there's a place that seems to have stepped out of another era, but speaks straight to the present: **Eufrosino Osteria**. Its honest, no-frills approach has won over the neighbourhood with a simple yet powerful formula: **simple Italian home-style cooking**, served in a place that smells like home. The name? A tribute to **Saint Euphrosynus**, patron saint of cooks, perfectly embodying the spirit of the place: humility, passion, and a desire to nourish not just the belly, but also the soul and memory. The interiors tell their own story: dark wood on the walls, vintage crockery and retro lamps, it feels like a classic trattoria from the past, but with the thoughtful details of the present. **The menu often changes according to true seasonality**, ensuring freshness and that unmistakable "home-cooked" goodness with every dish. A journey through Italy's honest flavours, one plate at a time. *"One of the highlights? Tonnarelli with vignarola and guanciale"*, a true taste of Lazio, with artichokes, fava beans, peas, baby lettuce and that touch of crispy guanciale that takes it over the top. It's a hymn to countryside cooking: rustic, simple, and soul-satisfying. **Eufrosino is more than a place to eat**, it's a neighbourhood space, a meeting point where authentic experiences unfold. The harmony of a dinner here lies in its convivial spirit: filled with conversation, good wine, and the beauty of being surrounded by a sincere atmosphere.



Fase - Cucina Spontanea

Via Muggia, 14
tel. 331 126 4351

Prati



In Rome's **Prati** district, a new place was born in 2023, one that doesn't chase trends, but follows the natural rhythm of creativity: Fase - Cucina Spontanea. An idea of Roman-born chef **Federico Salvucci**, who brings with him international experience and the dream of opening a restaurant in his hometown that could be both a **food lab** and a **space for unrestrained experimentation**. Fase doesn't follow a fixed formula but a vision: to explore, evolve, surprise, while staying true to the quality of the raw ingredients. *"Our dishes aren't your everyday Roman cuisine,"* Federico explains. *"Each is born from study and constant research, always with respect for the seasonality and for the identity of each product."* **The menu is constantly in flux**, driven not by fads but by curiosity. Techniques range from marinating and fermenting to slow cooking and unexpected flavour pairings. But the goal is always the same: to offer a dining experience that's both honest and original. A signature dish? *"Our take on the KatsuSando: homemade brioche bread, pork cutlet from Norcia, marinated red cabbage, and bold sauces."* A brilliant encounter between Tokyo and Umbria, served in a proudly Roman setting. **Fase is cuisine in motion**, deeply rooted in Rome but with eyes set far beyond. A place where you sit down to eat, and end up **traveling**, with lightness, and a sense of wonder.

Fassangue

Via delle Palme, 76/A
tel. 06 5272 8824

Centocelle



Fassangue was born in the vibrant heart of **Centocelle**, a project born from the union of four friends with wildly different backgrounds: a photographer, an architect, an actor, and a host. United by their love for good food and a shared ethic, they imagines a place that would be more than just a restaurant, an experience that raises awareness around **conscious consumption** and carefully sourced meats from non-intensive farms. Fassangue's philosophy is based on **respect**, for the product, for the supply chain, and for quality. The result? Dishes that are both refined and surprising. The space itself is a blend of aesthetic finesse, warm hospitality, and culinary authenticity, where every detail is crafted to make guests feel welcome, almost like at home. The menu revolves around meat, treated creatively but always with deep respect for its natural characteristics. *"We let the ingredient speak for itself, and that's when you truly appreciate it,"* explains **Marco D'Auria**, one of the owners, who, along with his partners, continues to grow this project with passion and care. One standout dish? The "Kubrick", a tartare-style filet diced into perfect cubes and served with homemade sauces. A combination of simplicity, balance, and bold personality, it's become something of a signature for the restaurant. At Fassangue, you walk in as a customer and leave as an **enthusiast**, carrying with you not just the memory of excellent food, but of a truly sincere and authentic experience.

Frezza - Cucina de Coccio

Via della Frezza,
64/65/66
tel. 06 7045 2605

Centro



In **Campo Marzio**, where shop windows sparkle, alleyways whisper ancient stories, and the streets ooze pure **Roman spirit**, there's a place that smells like good sauce and feels like home: Frezza - Cucina de Coccio. Located on Via della Frezza, it's **Claudio Amendola**'s love letter to old-school Rome, to the kind of meals cooked at home by a bustling family kitchen, where tradition was measured in servings and saucepans. Marble walls, wooden benches, steaming pots, and the scent of a lit oven. The atmosphere is honest and warm, with an open kitchen and a veranda overlooking the street, soaking in all the surrounding *Romanità*. Among locals and curious tourists, Frezza feels like family, even if you've just met. In the kitchen, chef **Davide Cannetti** takes Rome's iconic dishes and places them centre stage, no shortcuts allowed. *"The amatriciana in coccio is a hymn to the city: rigatoni, guanciale from Amatrice, San Marzano tomatoes, and Pecorino Romano."* Served in a traditional terracotta pot, it's more than a dish, it's a ritual. And yes, *scarpetta* (scooping up the sauce with bread) is non-negotiable. But that's just the beginning. Carbonara, cacio e pepe, *coda alla vaccinara* (oxtail stew), chicken cacciatora, veal rolls, each dish is crafted with the heart, like back in the day, but with an obsessive focus on quality ingredients and a continuous reference to love and passion for Roman cooking. And the fried dishes? Unmissable. Classic *supplì* (rice balls) and savory "bombs" filled with rich sauces like tripe or cacio e pepe with artichokes. The wine list boasts over 100 labels from Lazio, and the drink menu is 100% Roman-themed, with cocktails whose names are a whole mood.

Hostaria Sireno

Viale del Vignola, 79
tel. 06 5184 9454

Flaminio



Set in the **Flaminio** district, where Roman life hums with culture and energy, there's a place where art lives on the plate: **Hostaria Sireno**. *"The hostaria takes its name from Sireno, who opened it in 1972. This now-historic restaurant, located in the beating heart of Flaminio, has since been renovated in décor, menu, and ownership, but it remains the soul of the neighbourhood!"* Over fifty years of history haven't slowed down its spirit of innovation: Sireno has retained its popular yet refined soul, evolving gracefully over the years. The interiors are warm and welcoming, the service is friendly and full of smiles, and the kitchen still captures the atmosphere of old neighbourhood trattorias, reinterpreted with a **modern and contemporary twist**. The menu? An unfiltered tribute to Roman heritage: **carbonara**, **amatriciana**, and cult favourites like the **pasta with rabbit ragù**, a house signature dish. A small luxury to savour while letting yourself be carried away by the **harmony** behind every dish. With outdoor tables perfect for a sunny lunch or a summer dinner under the Roman sky, Hostaria Sireno fits every occasion. Sireno is more than just an osteria: **it's a true home for Roman cuisine**, a beloved landmark in a district that moves between culture and design. It is a place you will want to return to, because the food is good, the atmosphere is pleasant and Roman cuisine is enhanced through quality ingredients and culinary techniques that respect tradition, while introducing elements of originality and innovation.



Menabò

Via delle Palme, 44 D
tel. 06 8693 7299

Centocelle



The idea behind Menabò didn't come from a specific plan, but from a precise feeling. *"What drove me was a burst of enthusiasm and rebellion,"* at the table says owner **Daniele Camponeschi**. A joyful, rebellious idea, nurtured over the years through doubts, sketches, and little revolutions. Until one day, staring into an old drawer full of printing blocks, inspiration struck: Menabò, the Italian word for a mock-up, something you can rewrite as many times as you like. Menabò is a perfect example of a **free-form osteria**, one that doesn't follow the traditional rules of a restaurant. Here, dishes are made with both reverence and freedom, paying homage to the Mediterranean, not just as a cookbook, but as a philosophy of open, ever-evolving cuisine. Flavours chase each other without boundaries, balanced with just enough structure to leave room for creativity. In the dining room as in the kitchen, everything is designed to welcome guests and make the experience personal, honest, and warm. Where else could such a surprising project be born, if not in **Centocelle**? A neighbourhood in constant transformation, convivial, creative, and welcoming. The bar counter, the wine shelves, the lighting, everything here has a soul, everything tells the story of who's behind the project. There are three key words (or rather, three pieces of advice) to enjoy Menabò to the fullest: curiosity, to approach the experience with fresh eyes; taste, to be shared with the host to spark real dialogue; and abundance, because the table is no place for restraint. **Sacrifices belong elsewhere**. The signature dish? *"Pork liver wrapped in caul fat. Bold, intense, irresistible."* Just like Menabò itself: a draft in constant evolution, always ready to surprise.



Santi

Via Latina, 80
tel. 06 8667 5708
Appio Latino

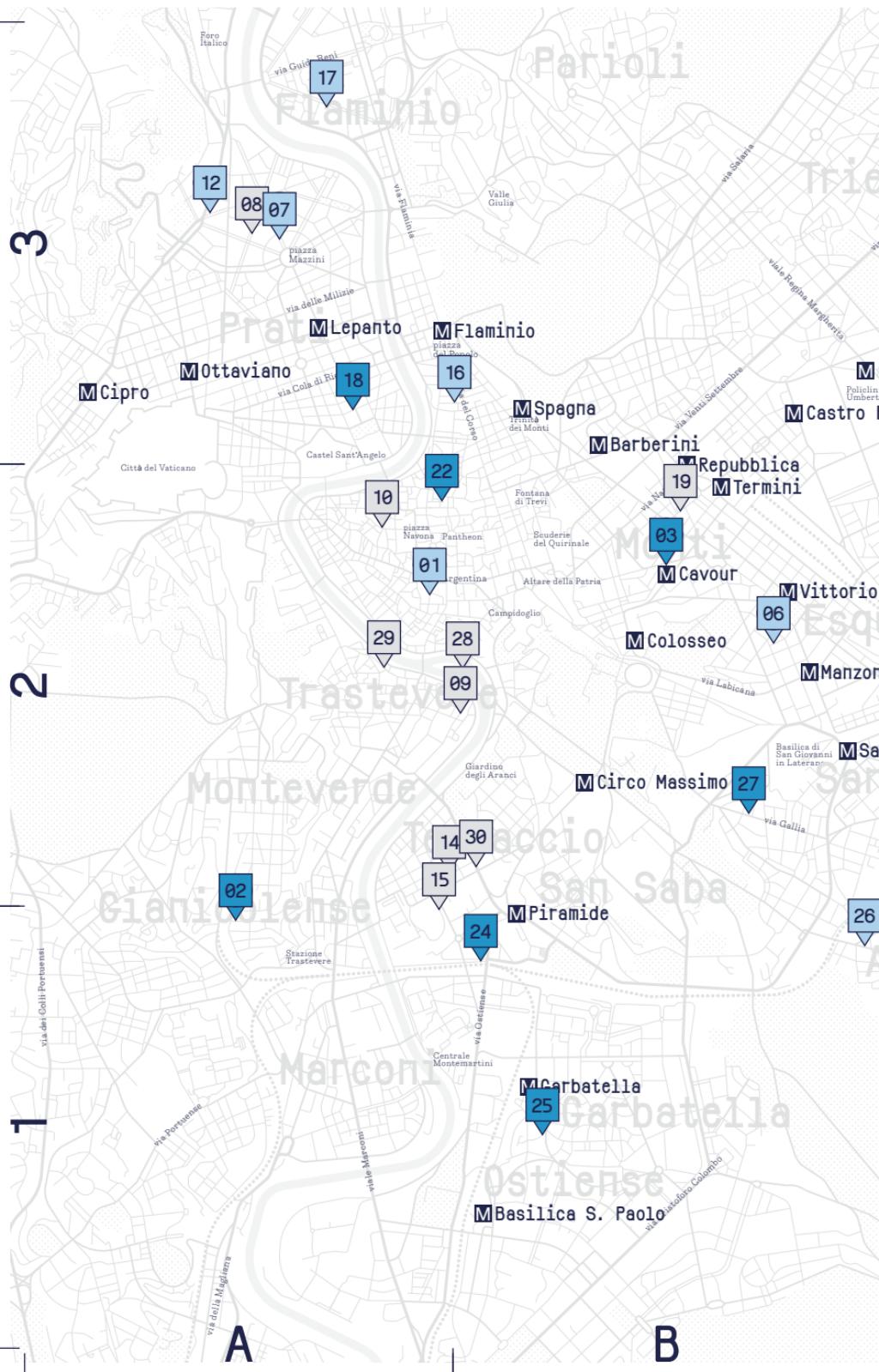


Born ten years ago from the friendship and shared vision of two cousins, **Alessio Congias** and his partner **Simone Simeoni**, Santi was created with one goal in mind: bringing the **taste of memory** back to the table. The project slowly took shape, carefully, until it found its home in the **Tuscolano** district: a deliberate choice, in a Rome that thrives on neighbourhoods and affections, where every street has a story to tell. “*We wanted to bring back the simplicity and authentic flavours of home cooking, those at risk of being lost under the weight of food trends,*” Alessio explains. At the heart of it all is Grandma Santina: she’s the inspiration behind both the name and the spirit of Santi, made of fettuccine, rich sauces, and hands kneading dough with patience. A perfect example? “*The fettuccine al ragù, still prepared exactly the way she used to make them, with no tweaks or fancy touches.*” The menu changes every 3 to 5 weeks and follows the rhythm of the seasons, partially thanks to the produce from the Macaone vegetable garden in Pavona and the restaurant’s close ties to small artisanal producers. The atmosphere feels like a home kitchen: the aroma of *soffritto* in the air, dishes moving in a familiar rhythm, warm lighting, fresh flowers, and genuine smiles. Santi isn’t just a restaurant, it’s an **intimate experience**, deeply Roman at its core, speaking of family, rediscovered time, and honest flavours. No frills. Just like in the old days. Just **like home**.

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Credits

Editor-in-Chief, L'Espresso
Emilio Carelli

Curator
Luca Gardini

Editorial Coordination
Fabiola Fiorentino

Graphic Design and Layout
MistaKer

Photography
Tiziana Faraoni, Camillo Pasquarelli

Texts
Flavia Appeteccchia

English Review & Editing
Elena Marchese

Printing
Tipografia Fratelli Verderio

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