

# HOW TO EAT IN ROME ON A BUDGET



ST. JOHN'S  
UNIVERSITY

## BARS NEAR CAMPUS:

- Grif Café serves Italian breakfast cornetto and cappuccino (Via dei Gracchi, 203)
- Bar Lepanto serves Italian breakfast (Viale Giulio Cesare, 31)
- Vero serves American style coffee and breakfast (Via Marcantonio Colonna, 30)

## SUPERMARKETS NEAR CAMPUS:

- PAM (Via Dei Gracchi, 139)
- Pewex Supermarket (Cola di Rienzo, 86)
- Carrefour Express (Via Lucrezio Caro, 39)

## PIZZA PLACES NEAR CAMPUS:

- Mondo Arancina - You can order excellent pizza by the slice or try some of their delicious Sicilian specialties such as arancina rice balls or pane e panelle fried fritters made from chickpea flour and served with bread. (Via Marcantonio Colonna, 38)
- Pizza Colonna - You can get pizza by the slice (Via Marcantonio Colonna, 29)
- L'Archetto - is an inexpensive but good sit-down pizzeria close to school (Via Germanico, 105)
- Da Baffetto Pizzeria - great Roman pizza (Via del Governo Vecchio, 114)
- Pizza dai Cinque - offers a round margherita pizza & water or sandwich & water for 5 euro on Via Cicerone (near piazza Cola di Rienzo)

## RESTAURANTS NEAR CAMPUS:

- MastroGusto - offers a "design your own sandwich" for €3-5. Other options include pasta, salads and wraps. (Via dei Gracchi, 193)
- Don Baguette - any salad or "taglio" of your choice + nonalcoholic drink = 5 euro (Via dei Gracchi, 229)
- La Pagnottella Gourmet - Panini from € 6 to 9 and delicious salad options from €8 to 10 (Via Tacito, 36)
- Insalata Ricca - hearty and elaborate salads (Piazza del Risorgimento, 5)
- Sushi & Noodles - 10% off (Via Giuseppe G. Belli, 69)

## GELATO NEAR CAMPUS:

- Gelarmony is a delicious gelateria right across the street from campus.
- Gelateria Gracchi is always a great choice. Don't forget to get a number before getting in line.

## PRO-TIP

### Fight food waste and save money!

The **Too Good to Go** app is the world's largest marketplace for surplus food: Sell unsold food in 'Surprise Bags', for local users to collect in-store at the time you set. Surprise Bags are sold at 50% (or more) of their contents' original retail value.

## TIPS

Drink coffee and eat breakfast or snack food standing up. You will be charged different rates for your food when sitting down or standing up. It will almost always cost you more to sit down in a café than it will to stand at the bar and eat the same sandwich.

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Shop at the markets or "alimentari" (food stores). You will save a lot of money if you can self-cater at least two meals a day (just be careful with perishable foods). Most supermarkets accept meal tickets.

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Get a quick slice of pizza for an inexpensive lunch or dinner. While many of the pizzas will be different from the pizza you may be used to at home, be adventurous - this is the real thing.

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Make lunch your main meal of the day. You'll often find that the lunch menu at a restaurant is somewhat cheaper than the dinner menu, even if it includes essentially the same foods. Some of these restaurants have student discounts as well, so don't forget to ask!

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Eat gelato. This wonderful Italian ice cream comes in an almost endless array of flavors. There are lots of gelato shops close to campus. Explore and find your favorites! Many Italians during the hotter months opt for a big gelato as their lunch alternative.

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