



HOW TO EAT IN ROME ON A BUDGET

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.

Two bars close to the dorms are:

- Grif Café - Via dei Gracchi 203 serves Italian breakfast (cornetto and cappuccino) or American-style buffet.
- Bar Lepanto (Italian breakfast)– Via Marcantonio Colonna 37

Shop at the markets or "alimentari" (food stores), and picnic as much as possible. You will save a lot of money if you can self-cater at least two meals a day (just be careful with perishable foods).

- At the nearby alimentari on Pompeo Magno you can ask to have a sandwich made with the sliced meat and cheese of your choice
- At the Billa (Coin) grocery store at Via Cola dei Rienzo 173. You can purchase food and prepare your own sandwiches and salads

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.

- At Mondo Arancina (via Marcantonio Colonna) 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). It is located right across the street from the dorms.
- You can also order pizza by the slice one block away from the dorm at Vero on via Marcantonio Colonna on the way to the metro
- Pizza Colonna, Via Marcantonio Colonna 29

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.

- Pansito on via Giuseppe Gioachino Belli 43 (a 5 minute walk from the dorm) offers a "design your own sandwich" for €3-5. Other options include pasta, salads and wraps.
- Grif Café also offers prepared sandwiches or a plate of pasta.

Eat gelato. This wonderful Italian ice cream comes in an almost endless array of flavors.

- 'Gelarmony' (via Marcantonio Colonna 34) is a delicious gelateria right across the street from the dorm.
- There are lots of gelato shops close to the dorms. Explore and find your favorites!

Other inexpensive American style restaurants:

- L'Insalata Ricca, Piazza Risorgimento 4-5 – hearty and elaborate salads
- Abbey Theatre Irish Pub Rome, via del Governo Vecchio, 51/53
- Gregory's Jazz Club, via Gregoriana, 54/A (near the Ottaviano metro stop)

http://www.ehow.com/how_14346_eat-rome-cheap.html