PRINTABLE ITINERARY

3-Day Rome Street Food Itinerary

From our guide **Top 10 Best Street Food in Rome**. Print it or save it to your phone.



Day 1: Centro storico

Start with supplì at Supplizio, then walk through the old centre towards Via dei Coronari for a cone at Gelateria del Teatro. Continue to the Pantheon area and finish with a historic gelato stop at Giolitti. Everything is within easy walking distance.

Day 2: Testaccio and Trastevere

Take the metro to Piramide and spend the late morning in Testaccio. Eat a slow-cooked beef sandwich at Mordi e Vai (check it is open) and a trapizzino at the original shop. In the evening, cross to Trastevere for a gelato at Fatamorgana.

Day 3: Prati and Esquilino

Start the morning with a maritozzo at Pasticceria Regoli. Head across the city to Prati for pizza al taglio at Pizzarium and a seasonal gelato at Gelateria dei Gracchi. If you still have room, finish at Mercato Centrale near Termini for a last snack.

The 10 places at a glance

1. Supplizio

How to get there: A short walk from Campo de' Fiori or Piazza Navona. Buses along Corso Vittorio Emanuele II stop nearby.
How long to spend: About 20 to 30 minutes.
Best time to go: Early lunch, before the main queue builds.
Tip: Order two supplì rather than one, and eat them immediately while hot.
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2. Trapizzino

How to get there: Metro line B to Piramide, then walk into Testaccio. Trams and buses also run nearby.
How long to spend: 20 to 30 minutes.
Best time to go: Lunch or early evening, avoiding the busiest peak.
Tip: Order two different fillings and swap halves, and check opening days as sources disagree on Mondays.
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3. Pizzarium

How to get there: Metro line A to Cipro, then a short walk. It is also an easy walk from the Vatican Museums.
How long to spend: About 30 minutes, longer in a queue.
Best time to go: Before the main lunchtime rush, or mid-afternoon.
Tip: Ask for small squares of three or four toppings and check the hours before you queue.
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4. Mordi e Vai

How to get there: Metro line B to Piramide, then walk or take a tram or bus towards Testaccio.
How long to spend: About 30 to 45 minutes, including the market.
Best time to go: A weekday late morning or early lunch.
Tip: Take a queue ticket first, then get a drink while you wait, and check opening days.
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5. Pasticceria Regoli

How to get there: Walk from Termini or Vittorio Emanuele metro on lines A and B.
How long to spend: About 20 minutes.
Best time to go: Morning, when the buns are freshest.
Tip: Pair it with an espresso or cappuccino, and check opening days.
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6. Fatamorgana

How to get there: Tram 8 or a bus to Trastevere, or walk across the river from the centre.
How long to spend: 15 to 30 minutes.
Best time to go: After dinner, or on a warm afternoon.
Tip: Choose a small cup with two flavours, and check which shop is nearest as addresses vary.
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7. Gelateria dei Gracchi

How to get there: Metro line A to Ottaviano or Lepanto, then a short walk.
How long to spend: About 15 to 20 minutes.
Best time to go: After lunch, or on an evening walk.
Tip: Ask for the seasonal flavours, and check which branch is closest.
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8. Gelateria del Teatro

How to get there: A short walk from Piazza Navona or Castel Sant'Angelo.
How long to spend: 15 to 20 minutes.
Best time to go: Mid-afternoon or early evening.
Tip: Take the quieter side street from Piazza Navona, and check current opening hours.
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9. Mercato Centrale

How to get there: A five-minute walk from Termini station, which has metro lines A and B.
How long to spend: One hour.
Best time to go: Off-peak, such as mid-afternoon, when seating is easier.
Tip: Walk the whole hall first, then order from two or three counters, and check the hours online.
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10. Giolitti

How to get there: A short walk from the Pantheon or Piazza Colonna, on foot from most central areas.
How long to spend: 20 minutes.
Best time to go: Mid-afternoon or after dinner.
Tip: Pay at the till first and bring the receipt to the counter, and check which branch you are visiting.
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Getting around Rome

The centre is walkable, and most of the stops above are a short walk from each other. **Metro lines A and B, trams and buses are covered by the city's public transport system.** The city transport operator ATAC has current routes, tickets and service updates. Testaccio, Prati and Esquilino are best reached by metro or bus. Wear comfortable shoes, as the streets are cobbled and uneven.

Opening times, prices and transport change often, so check with each venue or operator before you go. For the full guide, photos and FAQs, see https://toptravelinsider.com/top-10-best-street-food-in-rome/.