

The restaurants listed are just those that we or guests have seen, and in some cases used. In general, the restaurants in this area are considered to be good value and the food normally good to excellent. Most reasonable restaurants prefer you to book first.

At the end of this document are some common Italian words and phrases that may be of use when eating out.

Local restaurants

Castiglion Fosco

Morselli, Via della Chiesa 4 (075 835 2088). Run by Alberto and Anna. Fixed daily menu, very good and numerous courses. Booking advised. Closed Tuesdays.. *Very friendly, excellent value, good food, wonderful welcoming atmosphere, inside or out. Lots of food!!.*

Città della Pieve

Several in the town, according to taste.

Ristorante Pizzeria .Serenella. Via Fiorenzuola 28 (0578 299683) - as recommended by Douglas Hurd.s brother.

At **San Litardo** (3.5 km north towards Po Bandino): Il Pinzimonio (0578 298105) - good value restaurant/pizzeria, popular with local Italians. Closed Tuesdays.

Paciano

At **Cereto** (2 km off road westwards, follow signs from the main road): Il Casale (075 830 465) - worth finding; terrace looks over the hills towards Lake Trasimeno. Very good food, booking essential in busy times. Closed Wednesdays.

Panicale

Lillo Tatini, Piazza Umberto I 13.14 (075 837771). At the top of the main square. Good restaurant, good atmosphere. Modern interpretations of Umbrian dishes. Book at most times. Closed Mondays (?)

Masolino, Via del Filatoio 4 (075 837 151). Views from the terrace across to Lake Trasimeno. *“Great food, good value.”*

“Very good . especially the meat if you like it red! Park by the hotel and walk up alley as access very narrow.”

Le Grotte di Boldrini (075 837 161) - just outside the west gate.

Piegaro

Il Mondo Antico, Via G Garibaldi 1/a (075 835 8351) - in old town, 100 m from top gate. Good, atmospheric (mediaeval) friendly restaurant.

“Nightly ghost interlude.”

Da Elio, on SS220, 0.5 km from Piegaro junction towards Tavernelle (075 835 8017) – typically Italian-style restaurant, friendly and good food. Excellent value.

Tavernelle

There are several cafés, bars etc. (see map in .Amenities.), but fairly variable in opening times and fare.

Mr Over Tavern (by the roundabout on road in from Piegaro) (075 832732). Friendly, mixed “chain”-style restaurant. Popular with families and a youngish clientele, but all made very welcome.

Pizzeria Tavola Calda (on the traffic lights below the central square). Good selection of pizzas and other meals. Popular with locals.

Around Lake Trasimeno

Castiglione del Lago

Restaurants in the old town get extremely busy during the peak season. Book, or shop around.

L.Acquario, Via Vittorio Emanuele 69 (075 965 2432)

La Cantina (075 965 2463)

La Fontana - attached to the Miralago Hotel. Terrace looks over the lake. Good food.

Passignano

Several.

San Feliciano

Da Settimio (075 847 6000) - slightly old-fashioned, but none the worse for that. Good, restaurant with very good fish dishes. Excellent view over lake. Closed Thursdays.

I Bonci (075 847 9355) - closed Mondays.

Ristorante Oasi La Valle (075 847 6292)

Further Afield

Amelia

Locanda, Via Angeletti 7 (0744 983364) - interesting vaulted rooms, good value. Directions off the main road in the lower part of town.

Assisi

Il Pozzo Romano, Via S Agnese 10 (075 813057) - basic Italian, good value.

Bevagna

Osteria del Podestà, Matteotti 67 (0742 369518) . good Italian.

Cortona

La Locanda del Loggiato, Piazza di Pescheria (0575 630575). Loggia overlooking the palazzo. Closed Wednesday.

La Saletta, Via Nazionale 26/28 (0575 603366). Recommended to us by an Italian. Good for crêpes. Open every day.

Montefalco

Frederico II, Piazza del Comune (0742 378902) Nice position on central square.

“20% service for pretty poor service.”

Montepulciano

Café Poliziano, Via di Voltaia nel Corso 27 (0578 758615) Art nouveau-style café.

Perugia

Numerous restaurants.

Il Falchetto, Via Bartolo 20 (075 573 1775) . beyond the cathedral. Nice atmosphere.

La Locanda degli Artisti, Via Campo Battaglia 10 (075 573 5851). Friendly; service slow and food can be variable. Closed Tuesdays.

Ristorante Cesarino and Pizzeria Cesarino, Via della Gabbia (just behind the Sala dei Notari on Piazza IV Novembre).

Orvieto

Ristorante Antico Bucchero, Via di Cartasi 4 (0763 341725).

At **Civitella del Lago** (13 km from Orvieto on the SR448 to Todi.): Osteria del Belvedere (0744 950140) . overlooking Lago di Carbara, closed Mondays.

Spoletto

Taverna .La Lanterna., Vicolo della Trattoria 6 (just off Piazza della Libertà) (0743 49815) Closed Wednesday.

Todi

Ristorante Umbria, Via S. Bonaventura (075 894 2737) Closed Tuesday.

Torgiano

Il Toscanino, (075 982447) - out of town, northwards.

Useful words and phrases

trattoria	small family-run restaurant
ristorante	smart place
il padrone	the owner
specialità della regione	local speciality
cucina casalinga/cucina casareccia	home cooking
il pranzo	lunch
la cena	dinner
il tavolo table	
...del giorno	...of the day
... della casa	the house...
..della regione	local...
...distagione	...in season
...misto	mixed...
...assortiti	an assortment of...
al pomodoro	with tomato
all'aglio	with garlic
ai funghi	with mushrooms

alia marinara	with seafood
al ragù	with Bolognese sauce
alia griglia	grilled
ai ferri	barbecued
al forno	baked
allo spiedo	on a spit
alia romana	Roman style
arrosto	roasted in
umido	stewed
fritto	fried
bollito/lesso	boiled
cotto	cooked
pesce	fish
carne	meat
manzo	beef
agnello	lamb
vitello	veal
pollo	chicken
coniglio	rabbit
maiale	pork
capretto	goat
cinghiale	wild boar
torta	cake
Cos.è .	What is .?
Com.è ...?	What's ... like?
Come sono ...?	What are ... like?
il aperitivo	aperitif
Pronto per ordinare?	Ready to order?
Cosa prende/prendono?	What will you have?
Cosa consiglia?	What do you recommend?
Da bere?	To drink?
Prendo ...	I'll have ...
Niente ... per me	No ... for me
Buon appetito!	Enjoy your meal!
Cin cin (or salute)	Cheers
Tutto bene?	Is everything all right?
Complimenti	Congratulations
È delizioso/ottimo/squisito	It's delicious/excellent/exquisite
Vorrei assaggiare...	I'd like to taste...
Mi piace...	I like...
Non mi piace...	I don't like...
Le piace...?	Do you like...? (Lei)
Ti piace...?	Do you like...? (Tu)
È buonissimo	It's extremely good
Le piacciono...	Do you like... (plural)
...I formaggi italiani?	Italian cheese?
Mi piacciono...	I like...
...tutti i formaggi	...all cheeses
il conto	the bill
Posso avere il conto, per favour?	Please may I have the bill?