

THE UMBRIAN TABLE

Cuisine, Wine & the Places That Hold Them Vol. I
(Perugia & Northern Umbria)

A curated guide to experiential dining, hidden
restaurants, and the landscapes that shape them

Introduction

Umbria does not present itself easily. It is a region without spectacle, without urgency, and without the need to perform its identity. Unlike more publicized parts of Italy, it does not rely on icons or landmarks to define itself. Instead, it reveals its character gradually – through texture, silence, and repetition.

Unlike more publicized parts of Italy, it does not rely on icons or landmarks to define itself. Instead, it reveals its character gradually – through texture, silence, and repetition. To understand Umbria is to understand proximity: between land and table, between architecture and memory, between tradition and everyday life.

Wine plays a structural role in this language. Sagrantino di Montefalco introduces weight, structure, and gravity. Trebbiano Spoletino offers tension, minerality, and restraint. Together, they define not just what is served, but how it is perceived.

In this region, dining is not an industry of experiences. It is a continuity of place. Restaurants are rarely conceived as destinations. More often, they are inheritances – spaces shaped by agricultural rhythm, historical density, and domestic knowledge passed through generations. A meal is not staged; it is situated.

Wine plays a structural role in this language. Sagrantino di Montefalco introduces weight, structure, and gravity. Trebbiano Spoletino offers tension, minerality, and restraint. Together, they define not just what is served, but how it is perceived. The architecture of Umbria is equally essential to its culinary identity. Medieval stone, converted monasteries, rural farmhouses, and restored mills do not simply host restaurants – they frame them. Space is not neutral; it is formative.

This guide is not simply a list of the best restaurants in Umbria. It is an exploration of how a region expresses itself through the table. Across cities, countryside, and informal spaces of daily life, it traces a quiet system of dining – one defined not by innovation or spectacle, but by continuity, restraint, and belonging.



About me



I didn't grow up in Umbria. I arrived here the way most people only dream of: slowly, and by choice.

Born in Argentina to an Italian family, I spent years working in clinical research across different countries, always carrying a quiet pull toward wine, the table, and the country my name came from. In 2017 I planned my own wedding in Tuscany, and watching sixty guests struggle to reach the real Italy made something clear to me: the best of this country isn't on any map. It lives behind relationships.

Not long after, my husband and I bought a home in Umbria. My neighbors turned out to be winemakers and farmers, and one by one their cellars, kitchens, and long lunch tables opened to me, revealing the Umbria that stays invisible to anyone just passing through.

This guide is part of what I've found there. Consider it an introduction. The rest, I'd love to show you in person.

Melisa Cristaldi - certified sommelier & founder of Winedering Around Italy

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(the one's marked with a ★ are the editor's favourite)

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Chapter I

The medieval table

Where history is served

In Umbria's historic centers, dining is not an event separated from place — it is an extension of it. Stone walls, narrow streets, and centuries-old buildings form the natural architecture of the table. Here, restaurants are not designed. They are inherited.

Chapter I – The medieval table

Taverna del Lupo (Gubbio)

Housed in a 14th-century building of soaring stone arches and ancient columns, Taverna del Lupo is Gubbio's most storied address. The experience divides naturally in two: begin with the Norcineria – a procession of aged cheeses, pickled vegetables and cured meats with the town's own *crescia* flatbread or surrender to the creative tasting menu, which frames Umbrian tradition in a quietly contemporary key. Authentic black and white truffles, an extensive wine list, and service of genuine warmth. An evening here feels genuinely set in another century, without any effort to make it so.



Chapter I – The medieval table

Il Giurista (Perugia)

Housed in a 14th-century building of soaring stone arches and ancient columns, Taverna del Lupo is Gubbio's most storied address. The experience divides naturally in two: begin with the Norcineria – a procession of aged cheeses, pickled vegetables and cured meats with the town's own *crescia* flatbread or surrender to the creative tasting menu, which frames Umbrian tradition in a quietly contemporary key. Authentic black and white truffles, an extensive wine list, and service of genuine warmth. An evening here feels genuinely set in another century, without any effort to make it so.



Chapter I – The medieval table

La Taverna (Perugia)

Tucked down Via delle Streghe, a few steps from Piazza IV Novembre, La Taverna unfolds inside a vaulted brick dining room in the historic heart of Perugia. Chef-owner Claudio Brugalossi cooks typical Umbrian and Perugian dishes, with the pasta, bread, and gelato made in house each day. The plates stay rooted in tradition while quietly reinterpreting it, and the wine list runs deep into Umbrian and Italian labels. One of the city's enduring classics, and an easy argument for eating where the stone remembers



Chapter I – The medieval table

La Locanda del Cardinale (Assisi)

In the historic heart of Assisi, a hundred metres from Piazza del Comune, La Locanda del Cardinale occupies the vaulted lower floors of a 16th-century cardinal's palace, built directly over a Roman domus from 75 BC. Its "Sale Romane" still preserve a first-century mosaic floor with glass-paste inlays, while the piano nobile above keeps its 16th-century frescoes. The kitchen leans Umbrian and refined, and the cellar holds over 1,000 Italian and international labels. A Michelin-selected room where you dine, quite literally, on top of two thousand years of the city



Chapter I – The medieval table

Trattoria Pallota (Assisi)

Just off Piazza del Comune, you reach it by passing under the "Volta Pinta," an arch painted with 16th-century grotesques by Raffaellino del Colle, facing the Temple of Minerva. Set discreetly at the end, this family-run trattoria, in the hands of the Balducci family, works seasonal Umbrian cooking in simple rooms of stone walls and arched frescoed ceilings, warmest when the fire is lit. Expect strangozzi alla Pallotta, fagiolina soup, pigeon alla ghiotta and rabbit cacciatore. Before you sit, ask to see the cellar uncovered during the renovation. The kind of honest, rooted table Assisi is quietly built on

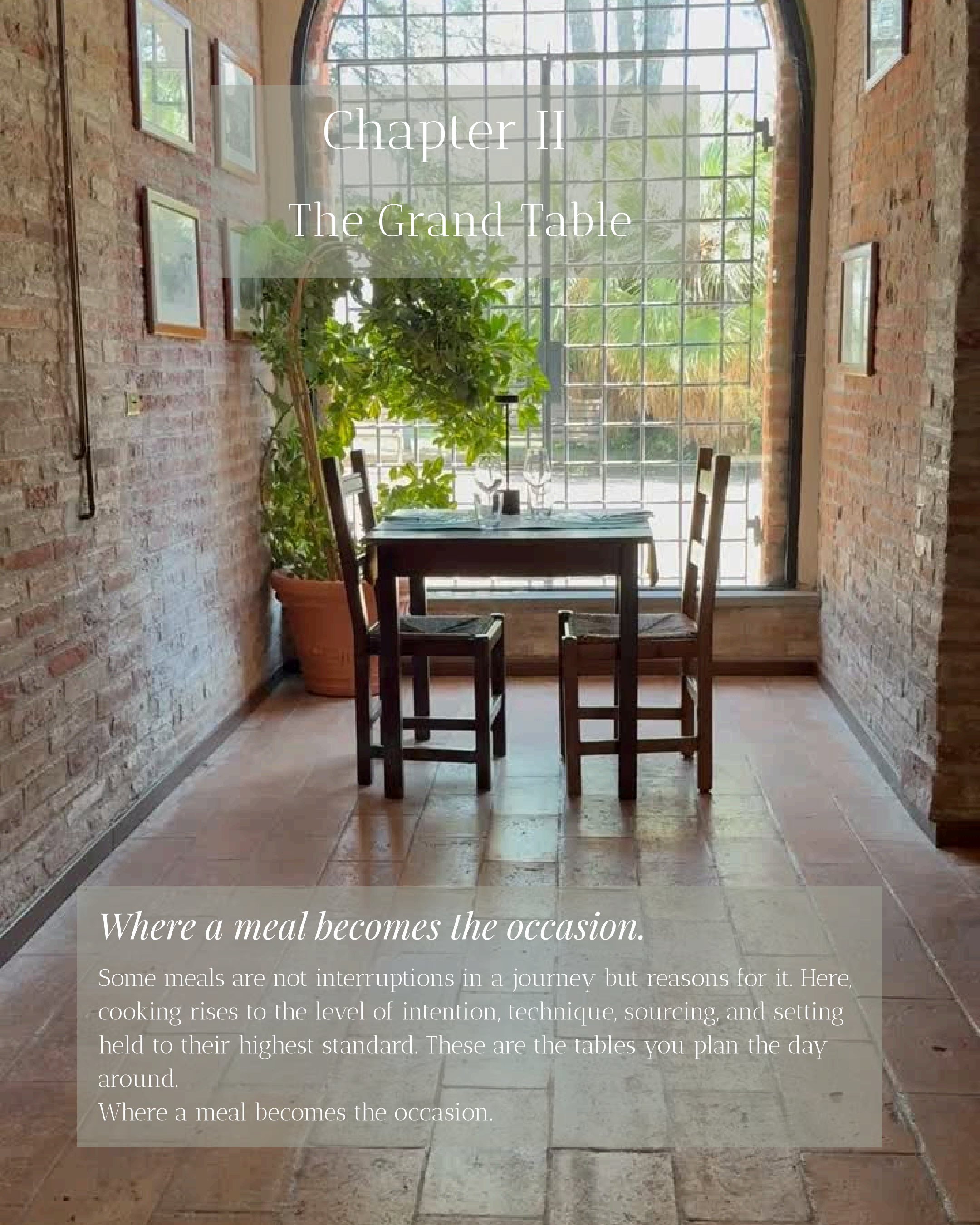


Chapter I – The medieval table

La Cantina di Spello (Spello)

On Via Cavour in the heart of Spello, La Cantina occupies an ancient building raised over the remains of the Roman Forum, its dining rooms marked by stone vaults and soft light. Born as a cooperative of friends set on championing the region's produce, it has long been a reference point for Umbrian cooking. Much of what reaches the table is grown or raised on the owners' own farm – genuinely kilometre-zero for some thirty years. Expect black truffle gnocchi, Chianina beef tartare, wild boar pappardelle and strangozzi alla spoletina. A room that feels, as one writer put it, suspended outside time.



A photograph of a dining nook. In the center is a dark wooden table with four matching chairs. A large potted plant stands to the left of the table. The room has stone walls and a large arched window with a grid pattern. The floor is made of large stone tiles. The text 'Chapter II' and 'The Grand Table' is overlaid on the top half of the image.

Chapter II

The Grand Table

Where a meal becomes the occasion.

Some meals are not interruptions in a journey but reasons for it. Here, cooking rises to the level of intention, technique, sourcing, and setting held to their highest standard. These are the tables you plan the day around.

Where a meal becomes the occasion.

Chapter II – The Grand Table

Ada Ristorante (Perugia)

Hidden within the historic center of Perugia, Ada is one of the most compelling expressions of contemporary Umbrian cuisine. Housed in a beautifully restored former granary near the ancient Etruscan walls, the restaurant combines minimalist design with a deep respect for the region's culinary heritage.

Led by Michelin-starred chef Ada Stifani, the cuisine is thoughtful, precise, and highly personal, often creating a dialogue between Umbria and her native Puglia. Seasonal tasting menus, refined techniques, and an intimate atmosphere make Ada a destination for those seeking a modern interpretation of Italian gastronomy—elegant, creative, and deeply rooted in place.



Chapter II – The Grand Table

UNE (Capodacqua, Foligno)

Housed within a restored seventeenth-century mill, UNE offers one of the most thoughtful dining experiences in the region.

Every course reflects a dialogue between innovation and tradition, transforming local ingredients into something both surprising and deeply familiar.



Chapter II – The Grand Table

Ristorante San Lorenzo (Perugia)

On Piazza Danti, a few steps from the cathedral that gives it its name and from the Fontana Maggiore, the Antica Trattoria San Lorenzo sits in the magical atmosphere of Perugia's historic centre, within ancient walls and exposed stone vaults. Chef-patron Simone Ciccotti treats the dining room like a stage – every plate, wine and detail meant to move you – building creative, personal cooking from the Umbrian and wider Italian tradition. Signatures run to baccalà in three textures and a venison fillet stuffed with chard and speck. One of the capital's true fine-dining rooms, recently restored, elegant without ceremony.



Chapter II – The Grand Table

Ristorante dei Consoli (Gubbio)

Set inside the Hotel dei Consoli on Via dei Consoli, a few steps from the Palazzo dei Consoli in Gubbio's historic centre, the dining room occupies a 14th-century building of medieval stone halls crowned by an old tower. The kitchen works Umbrian tradition with a creative touch, offered through tasting menus that read like a journey into the region's flavours, with much of the produce coming from the Urbani estate – Gubbio's great name in truffle. Expect Chianina ravioli with truffle, fava and chicory velouté, and handmade tagliolini. Ask for owner Gianni and let him steer you to the day's best



Chapter II – The Grand Table

Rastrello (Panicale)

In the heart of hilltop Panicale, above Lake Trasimeno, Rastrello is the restaurant of a restored boutique hotel, with a panoramic garden terrace and sweeping views of the lake. Chef [Nicola Fanfano](#) cooks close to the land – vegetables lead, harvested daily from Rastrello's own gardens, fish comes from the Trasimeno, and the olive oil is the family's own award-winning DOP. The result is seasonal, garden-to-table cooking best caught at sunset over an aperitivo before dinner. Refined and relaxed in equal measure.



Chapter II – The Grand Table

Ottavi Mare (Bevagna)

In the heart of Bevagna, steps from the medieval square, on the ground floor of a Renaissance palace, Ottavi Mare is an intimate room where Umbria meets the sea. Chef Vittorio Ottavi draws on his Marche childhood and Umbrian memory to reinterpret seafood through curing, aging and techniques usually reserved for meat, letting fish dialogue with legumes, herbs and local produce. Offered as tasting menus, it's a genuine surprise this far inland – and it shows in the accolades: Michelin Guide selection 2026, two forks from Gambero Rosso and two toques from L'Espresso.





Chapter III

The countryside table

Where landscape becomes the menu

Outside the cities, Umbria dissolves into olive groves, rolling hills, and agricultural silence. Here, dining follows the rhythm of land, light, and season.

The restaurant becomes a pause within the landscape rather than a destination within it.

Chapter III – The countryside table

Armentum (Armenzano, Assisi)

Hidden among the forests of Monte Subasio, Armentum feels less like a restaurant and more like a quiet retreat into the Umbrian countryside. Set within beautifully restored stone stables, it offers an atmosphere of understated elegance where nature is never far away.

Seasonality guides the kitchen, while the surrounding landscape shapes the experience itself. Few places capture the serenity and authenticity of rural Umbria quite so effortlessly.



Chapter III – The countryside table

Ristorante del Reschio (Lisciano Niccone)

The dining room of Castello di Reschio, an estate dating to the 11th century, restored over 25 years into one of Umbria's most quietly spectacular retreats. The Ristorante al Castello serves Umbrian classics built from the estate's own gardens and vineyards, with far-reaching views, stunning sunsets and fig trees perfuming the terrace in summer. Think celeriac flan with Norcia black truffle, tagliolini al tartufo. A destination in the fullest sense – reservations essential, and worth the drive.



Chapter III – The countryside table

Masolino (Panicale, lake Trasimeno)

In the heart of Panicale – one of Italy's "most beautiful villages," known as the terrace over Lake Trasimeno – Masolino has served since 1959, now in the hands of the third generation. A warm, family setting with views of the lake and typical Umbrian cooking: pasta rigorously pulled by hand and desserts made in house. The kind of long, generous table where the region feels closest



Chapter III - The countryside table

La Bastiglia (Spello)

The restaurant of the La Bastiglia hotel in the upper reaches of Spello, long named in the major food guides. The kitchen builds refined seasonal plates around the black truffle of Norcia and the potatoes of Colfiorito, served on a panoramic summer terrace, while the cellar sits in the old bed of a river that once powered a 17th-century oil mill, now holding over 400 labels. Umbria's landscape, plated with a view to match.





Chapter IV

The wine-led table

Structure, tannin & territorial identity

In Umbria, wine is not a companion to food, it is a structural force that defines the rhythm of the meal.

Sagrantino brings density and gravity. Trebbiano Spoletino brings tension and clarity. Together, they shape the identity of the table.

Chapter IV – The wine-led table

Re Tartù (Montefalco)

In a town synonymous with Sagrantino, Re Tartù stands as a celebration of two of Umbria's greatest treasures: wine and truffles.

Rich in character yet remarkably approachable, it captures the spirit of Montefalco through flavors that are bold, generous, and unmistakably regional.



Chapter IV – The wine-led table

Enoteca L'Alchimista (Montefalco)

On Montefalco's Piazza del Comune, in the heart of the Sagrantino hills, L'Alchimista is a family-run enoteca and restaurant where wine leads. Over a thousand labels from Umbria and across Italy are matched to the kitchen by Giuseppe, sommelier, alongside Cristina – the house signature being roast pigeon paired with a Sagrantino di Montefalco DOCG. Stone walls and warm wood inside, tables on the square outside, and a shelf of estate oil, wine and preserves to carry the experience home.



Chapter IV - The wine-led table

Osteria a Priori (Perugia)

On Via dei Priori in Perugia's historic core, a beloved room set in a medieval building, warm and rustic, its shelves lined with regional wines, oils and cheeses. The kitchen is seasonal and sourced from small local farms – handmade truffle pasta, lentil stews, wild boar – and the cellar leans hard into Umbria. A Slow Food-minded wine table where the region is both on the plate and on the shelf.



Chapter IV – The wine-led table

Lillotattini (Panicale – lake Trasimeno)

At the heart of Panicale's medieval piazza, Lillotattini feels woven into the fabric of village life.

The warmth of its hospitality, the quality of its wine program, and its deep connection to local traditions create an experience that is both elegant and profoundly human.

Go here for:

- Gourmet Menu
- Sommelier led curated wine list with best local and international producers



Chapter IV - The wine-led table

WonderUmbria Enoteca Gourmet (Torgiano)

Wine takes center stage at WonderUmbria, where local labels tell the story of one of the region's most important wine-producing areas.

Relaxed yet carefully curated, it is an ideal introduction to Umbrian terroir.



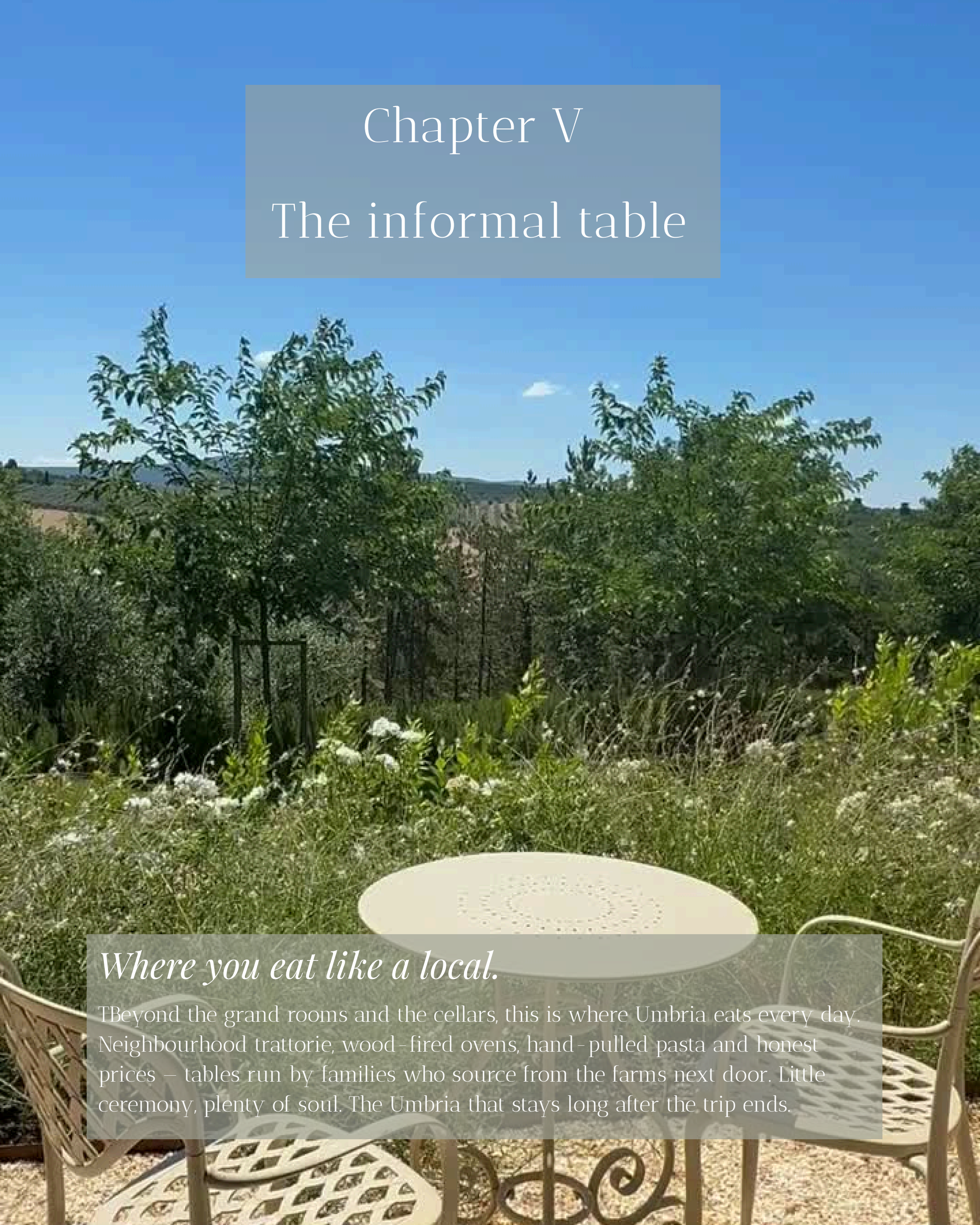
Chapter IV – The countryside table

La Cucina di San Pietro a Pettine (Trevi)

Among olive groves and rolling hills, San Pietro a Pettine celebrates the agricultural soul of Umbria.

Known for its devotion to truffles and exceptional local produce, it offers a direct connection to the traditions that continue to shape the region's cuisine.





Chapter V

The informal table

Where you eat like a local.

Beyond the grand rooms and the cellars, this is where Umbria eats every day. Neighbourhood trattorie, wood-fired ovens, hand-pulled pasta and honest prices – tables run by families who source from the farms next door. Little ceremony, plenty of soul. The Umbria that stays long after the trip ends.

Chapter V – The informal table

Dal Mi' Cocco (Perugia)

On Corso Garibaldi, a Perugia institution loved by students and locals alike, set under medieval brick vaults. There's no menu to speak of: you sit and a generous fixed procession of Umbrian dishes just arrives, at a famously gentle price. Loud, warm and completely genuine – book ahead



Chapter V – The informal table

Al Mangiar Bene (Perugia)

In the historic centre on Via della Luna, a traditional trattoria-pizzeria under brick vaults, serving pasta, wood-fired pizza and organic beer. The kitchen is a committed organic short-supply-chain project – raw materials bought directly from small local farms, mostly organic, cutting out the middlemen. Generous portions, honest prices, all-organic; pasta made with farro and durum from a Perugia mill. On the Slow Food radar.



Chapter V – The informal table

Trattoria Oberdan (Perugia)

A warm, traditional room on Via Oberdan in central Perugia, on the Slow Food list and a Travellers' Choice 2025 pick. Deeply Umbrian cooking – the house classic being pappardelle with wild boar ragù – hearty and generous, the neighbourhood trattoria at its most reliable.



Chapter V – The informal table

Umbria D.O.C. (Mantignana)

Inside the walls of the medieval hamlet of Mantignana, in a former granary, chef Diego Fanini cooks Umbrian tradition revisited with skill. The name means "Di Origine Contadina" – of peasant origin – and the kitchen lives up to it: organic produce from local farms, wild-raised meats cooked low or grilled, pasta made entirely by hand from stone-milled ancient grains. A tiny room (about ten tables) with summer seating along the lane, and a prize-winning tiramisù.



Chapter V - The informal table

Locanda del Duca (Gubbio)

A modern trattoria on Via Piccardi in central Gubbio, in the Gambero Rosso guide and rated 9.1 on TheFork. Confident Umbrian cooking in a relaxed, contemporary room – the easy, well-run choice for an unfussy dinner in town.



Chapter V – The informal table

Officina dei Sapori (Gubbio)

A family-run spot on Via dei Consoli, in the Gambero Rosso guide, where a younger generation works the everyday side of Gubbio's table – homemade pizza with long natural leavening, fritti, salumi and truffle in season. Casual, generous and rooted.



Chapter V – The informal table

Osteria del Buchetto (Spello)

Small, welcoming, and deeply local, Osteria del Buchetto embodies the charm that makes travelers fall in love with Umbria. There is nothing theatrical here—just honest cooking, seasonal ingredients, and genuine hospitality. It is precisely that simplicity that makes it memorable.



Chapter V – The informal table

Antiche Sere (Bevagna)

An enoteca-osteria of Luciano Sabbatini on Piazza Garibaldi in Bevagna, steps from Porta Cannara. Small, deeply local and Slow Food-minded – so good The Guardian once ranked it among the ten best restaurants in Italy. Grilled meats, Umbrian classics and regional wines in a genuinely old-Umbria room.



This was only a taste

A guide can point you to the table, but the real Umbria happens once you're sitting at it: the cellar you didn't know to ask for, the harvest lunch, the producer who becomes a friend by dessert.

That's the part we love most, and the part we keep sharing all year long. Join our newsletter and we'll bring a little of it to you each month:

the trips and experiences we're planning across Umbria, the events worth building a visit around, our wine of the month from the growers we know by name, and a seasonal Umbrian recipe to cook at your own table.

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