

Wealthy Romans enjoyed a life of extravagance. Their meals were filled with a variety impressive items, and this was exactly their goal; the wealthy class enjoyed showing off their wealth to all who were around. Wheat pancakes and honey were a common breakfast meal, and lunches consisted of fine bread, cheese, and wine. Many options typically existed at evening meals. For example, there would be a variety of exotic meats, such as roasted peacock and ostriches, vegetables, herbs, and spices.