

MONDAY-FRIDAY 11AM - 2AM
 SATURDAY & SUNDAY 10AM - 2AM
 597 MARKET STREET
 WEST DES MOINES, IA 50266
 515-222-1100



COME VISIT OUR OTHER LOCATION!
 2920 INGERSOLL AVE
 DES MOINES, IA 50312
 515-245-9737
 WWW.WELLMANSPUB.COM

LET IT BEGIN



JALAPEÑO POPPER RANGOON

Golden flaky wonton rangoon stuffed with cream cheese, jalapeño, bacon, and sweet corn served with a side of ranch. 10.99

PEPPER JACK BITES

Lightly breaded pepper jack cheese bites fried golden brown and served with our creamy ranch dressing - 10.99

WELLMAN'S NACHOS

Crisp tortilla chips topped with tender chicken, melted Mexican cheese, diced tomato, fresh jalapeños, all finished with our homemade mojo sauce - 12.99 SIZZLIN' STEAK - 1.99

CHICKEN TENDERS

Juicy white meat chicken breast, coated in our signature crispy breading - 11.99 ADD FRIES 1.99

WELLMAN'S WINGS

Eight traditional smoked jumbo wings or boneless wings coated with your choice of sauce. Served with celery and ranch or blue cheese dressing - 11.99

*Naked • Hot Buffalo • Sweet Chili
 Mild Buffalo • Garlic Parmesan
 Sriracha Bourbon • BBQ • Gochujang
 Tropical Habanero • Honey BBQ*

BUFFALO CHICKEN RANGOON

Creamy house made buffalo chicken dip, tucked inside a golden flaky wonton rangoon, topped with buffalo sauce and ranch drizzle - 10.99

CREAMY SPINACH AND ARTICHOKE DIP

A creamy dip full of tender artichokes, sautéed fresh spinach, and cheeses. Enjoy with our fresh corn tortilla chips - 11.99

SOFT PRETZEL STICKS

Four large salted baked, soft pretzel sticks served with beer cheese sauce - 9.99

LETTUCE WRAPS

Iceberg lettuce shells filled with seasoned rice, carrot and cucumber medley, and pulled chicken all topped with teriyaki sauce. - 10.99 TRY WITH TUNA - 3.99

• STREET TACOS (3) •

SHRIMP – Blackened shrimp, fresh cabbage, carrots, cilantro, and chipotle mayo - 10.99

CARNITAS – Carnitas pork, feta cheese, corn salsa, and guacamole - 9.99

ALL WRAPPED UP

Served with straight fries or chips. Substitute onion rings, cottage cheese, cole slaw, or sweet potato fries 1.99 Substitute side salad or cup of soup 2.99

CHICKEN RANCH

Breaded or grilled chicken breast, cheddar cheese, applewood smoked bacon, fresh lettuce mix, tomato, and ranch dressing wrapped in a tomato basil tortilla - 11.99

Try it with buffalo sauce for 1.00

CHIPOTLE FAJITA

Pulled chipotle chicken, sautéed mushrooms, roasted red peppers, mozzarella cheese, lettuce, and sour cream in a warm wheat tortilla - 10.99

SPICY TUNA WRAP

Blackened tuna seared rare, sliced mangos, cucumbers, shredded carrots, avocado, rice all drizzled with our homemade chipotle mayo and cilantro soy ginger dressing tucked in a spinach tortilla. 13.99

CRANBERRY CHICKEN

Homemade chicken salad with cranberries, candied walnuts, and lettuce mix wrapped in a whole grain tortilla - 10.99

SAVORY SALADS



• SASHIMI TUNA SALAD •

Ruby Red tuna seared rare, lightly dusted in Cajun, atop a romaine and iceberg lettuce mix. Accompanied by fresh cut mangos and avocado, with a side of our cilantro soy ginger dressing - 14.99

COBB SALAD

Chopped romaine and iceberg lettuce topped with egg, avocado, tomatoes, grilled chicken, bacon, and blue cheese crumbles - 11.99

ASIAN CHICKEN

Grilled chicken breast atop garden greens with mandarin oranges, red onion, and tomatoes. Topped with peanuts, crunchy wonton threads and served with our sesame ginger dressing - 11.99

CRANBERRY SALMON

Flaky Atlantic salmon atop a bed of fresh spinach tossed with candied walnuts, goat cheese, dried cranberries, and red onion. Served with our raspberry vinaigrette dressing - 14.99

WELLMAN'S CHICKEN CHOP

Arcadian lettuce, chopped grilled chicken, bacon, tomato, onion, all tossed in our house creamy Parmesan dressing and topped with Asiago Parmesan crisps - 11.99

GREEK SHRIMP SALAD

Blackened shrimp, green pepper, feta cheese, tomato and our romaine and iceberg lettuce blend served with honey mustard dressing - 13.99

WELLMAN'S HOUSE

Grilled chicken breast, romaine and iceberg lettuce, chopped bacon, cheddar cheese, Iowa sweet corn, tomatoes, cucumbers, and garlic croutons - 10.99

RICE BOWLS

Substitute our five grain quinoa blend in any bowl for \$2



• GOCHUJANG CHICKEN •

Pretzel breaded chicken tossed in Gochujang sauce, chopped broccoli, carrots, mushrooms, and topped with cilantro - 11.99

CHIPOTLE CHICKEN

Fresh pulled chicken tossed in chipotle, avocado, corn, black beans, cilantro and sweet chili sauce - 11.99

TUNA POKE

Seared tuna tossed in our cilantro soy ginger sauce, mangos, avocado and cucumber- 13.99

MAC 'N CHEESE

BUFFALO CHICKEN

Roasted tender chicken and penne noodles in our new buffalo cream sauce with a corn bread crumb crust topped with bleu cheese crumbles and buffalo sauce - 12.99

FIVE CHEESE

Ricotta, Parmesan, provolone and two mozzarella cheeses with penne noodles in a creamy Alfredo sauce. Baked with our corn bread crumb crust - 11.99

GARLIC SHRIMP ALFREDO

Garlic Alfredo sauce, penne noodles, and sautéed shrimp topped with corn bread crumbs and baked to perfection - 13.99

Substitute steak*, salmon, or tuna on any salad - 4

Italian, Creamy Parmesan, Blue Cheese, Ranch, Honey Mustard, French, Caesar, Raspberry Vinaigrette, Balsamic Vinaigrette, Sesame Ginger, Soy Cilantro Ginger, Low-Fat Ranch, and Low-Fat Italian

YOU PICK 2

Your choice of two items: 1/2 sandwich (BLT, Classic Club or Cranberry Chicken Salad) side salad or bowl of soup - 9.99

WELLMAN'S SOUP

Wellman's Famous Clam Chowder, Chicken Tortilla, or our Soup of the Day
 Cup - 3.99 • Bowl - 4.99

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STACKED SANDWICHES

Served with straight fries or chips. Substitute onion rings, cottage cheese, cole slaw, or sweet potato fries 1.99 Substitute side salad or cup of soup 2.99



• **CAJUN TUNA** • **W**
 A Cajun rare seared, Ahi tuna fillet covered in sesame seeds and served on a bun with spinach, caramelized onions, roasted red peppers, and chipotle mayo - 13.99

GLEN OAKS CHICKEN

Grilled chicken smothered in Havarti Cheese and topped with fresh green apples, romaine lettuce and hot pepper bacon jam - 12.99

BBQ PULLED PORK SLIDERS

Three mini toasted buns full of tender pulled pork topped with Mesa BBQ sauce and our cole slaw - 11.99

TOMMY B TENDERLOIN **W**

Cajun seasoned pork tenderloin served grilled or breaded with lettuce, tomato, onion and pickle - 11.99

FIREHOUSE PHILLY

Shaved prime beef piled high with roasted peppers and onions along with melted pepper jack cheese tucked in a Cuban loaf - 13.99

CHICKEN CLUB

Grilled chicken with applewood smoked bacon piled with cheddar and Swiss cheese, mayo, tomato, and lettuce - 11.99

GRILLED SALMON CLUB **heart**

Seasoned Atlantic salmon topped with roasted red peppers, fresh spinach and applewood smoked bacon accompanied by our lemon pesto aioli on a toasted Cuban loaf - 12.99

STEAK SANDWICH*

An 8oz choice ribeye grilled to your liking, topped with crisp onion rings on Texas toast with a side of honey-horseradish mustard - 14.99

WELLMAN'S BLT

Applewood smoked bacon, tomato, goat cheese, mayo, avocado, and spinach on Texas toast - 12.99

SPICY CHICKEN

Pretzel breaded chicken tossed in buffalo sauce, shaved iceberg lettuce, pickles, tomato, and mayonnaise - 11.99

CLASSIC CLUB

Thinly sliced ham and turkey piled high with applewood smoked bacon, mayo, cheddar and Swiss cheese, tomato, and lettuce - 11.99

CUBAN CARNITA **W**

Tender seasoned pork carnita, sliced smoked ham, pickles, Swiss cheese, and our special mustard sauce, on a fresh Cuban loaf - 12.99

PRIME RIB & AU JUS DIP

Shaved prime rib topped with Swiss cheese. Served with au jus - 13.99



• **THE ROOSEVELT** •
 Fried jalapeños, Havarti cheese, shredded lettuce, tomato and Thousand Island dressing - 13.99

THE PUB BURGER **W**

Melted Swiss cheese, applewood smoked bacon, sautéed mushrooms, and our pub sauce - 13.99

BOLD BURGERS*

All burgers are made with 100% All Iowa Certified Angus Beef®.

• Substitute any burger for a chicken breast or Beyond Burger at no charge. •

Served with straight fries or chips. Substitute onion rings, cottage cheese, cole slaw, or sweet potato fries 1.99 Substitute side salad or cup of soup 2.99

Gluten-free bun available for 1.00

WELLMAN'S ALL AMERICAN

Served the old fashioned way with sliced American cheese, pickle, onion, lettuce, and tomato - 11.99

THE WOODBURY **W**

Topped with cheddar cheese, applewood smoked bacon, and crisp onion rings smothered in our Mesa BBQ sauce - 13.99

TERRACE HILL

Topped with a fried egg, shaved grilled ham, cheddar cheese, crisp onion rings, pickle, onion, lettuce, and tomato - 13.99

INGERSOLL RAREBIT

Open-faced and smothered in our Wellman's rarebit cheese sauce - 11.99

CALIFORNIA BURGER

Crisp applewood smoked bacon and rich guacamole with Swiss, pickle, onion, lettuce, and tomato - 13.99

THE WATERBURY BLUE

Topped with blue cheese crumbles, applewood smoked bacon, crisp onion rings, pickle, onion, lettuce, and tomato - 13.99

GRAND AVENUE

Pepperoni, jalapeños, and banana peppers topped with pepper jack cheese and chipotle mayo. Served with pickle, onion, lettuce, and tomato - 13.99

BBQ RANCH BURGER

BBQ pulled pork topped with our juicy burger, melted American cheese, fresh jalapeños, applewood smoked bacon, and our homemade ranch dressing, Garnished with pickle, onion, lettuce, and tomato - 13.99

BEYOND BURGER **heart**

The Beyond plant-based burger patty topped with lettuce, tomato, pickle and onions - 13.99



• **CHIPOTLE BBQ CHICKEN** •
 Roasted chicken, BBQ sauce, and caramelized onions finished with chipotle mayo, and scallions - 16.99

MARGHERITA **W**

Fresh mozzarella and tomatoes finished with fresh chopped spinach - 15.99

BUFFALO CHICKEN

Buffalo sauce, roasted chicken, and caramelized onions all topped with buffalo sauce, bleu cheese dressing, and chives - 16.99

MEAT LOVERS

Italian sausage, ham, pepperoni, and Wellman's pizza sauce - 17.99

PORTABELLA VEGETARIAN

Roasted portabellas, spinach, red onion, roasted red peppers, and sundried tomato pesto topped with goat cheese - 16.99

BUILD YOUR OWN

We start with gourmet cheese and you make it your own - 12.99

FLATBREAD PIZZA - 9.99

TOPPINGS 1.50 EACH

Pepperoni • Sausage • Bacon • Ham
 Chicken • Mushroom • Spinach • Tomato
 Onion • Banana Pepper Jalapeño
 Roasted Red Pepper • Green Peppers

PIZZA

ANY PIZZA AVAILABLE ON OUR FLATBREAD CRUST - 12.99

DESSERT

CAST IRON COOKIE

A jumbo chocolate chip cookie baked and served in a cast iron skillet topped with vanilla ice cream and chocolate sauce - 6.99

BROWN BUTTER CAKE

Baked sweet butter cake topped with strawberry ice cream and raspberry syrup - 6.99

W WELLMAN'S HOUSE FAVORITE

heart HEART SMART ITEMS

FOLLOW US ON



RED BULL AND RED BULL SUGARFREE AVAILABLE

Wellman's offers Gluten-friendly menu items, please ask your server for a list. Cross-contact with ingredients containing gluten is a possibility.

*REMINDER: Consuming raw or undercooked meats, poultry, seafood, shellfish, or egg may increase your risk of foodborne illness.