

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



• STREET TACOS (3) ^W

SHRIMP – Blackened shrimp, cabbage slaw, cotija cheese, pickled onion, cilantro, and chipotle mayo - 14.99

CARNE ASADA – Marinated Steak, onion, cilantro, cojita, and salsa verde - 13.99

WELLMAN'S NACHOS

Crisp tortilla chips topped with tender chicken, melted Mexican cheese, diced tomato, fresh jalapeños, all finished with our homemade mojo sauce - 15.99
 SIZZLIN' STEAK - 4

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 - 14.99

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

RANGOONS (5)

BUFFALO CHICKEN – Creamy homemade buffalo chicken dip in a golden flakey wonton and a Buffalo ranch drizzle - 12.99

JALAPEÑO POPPER– Cream cheese, jalapeno, chopped Applewood bacon and sweet corn in a golden flakey wonton. Accompanied by ranch -12.99

LOADED QUESO DIP

Our special blend of Mexican Cheeses and chilis topped with house chorizo and pico de gallo and served with tortilla chips - 13.99

PEPPER JACK BITES

Lightly breaded pepper jack cheese bites fried golden brown and served with our creamy ranch dressing - 11.99

CREAMY SPINACH

AND ARTICHOKE DIP ^W
 A creamy dip full of tender artichokes, sautéed fresh spinach, and cheeses. Enjoy with our fresh corn tortilla chips - 13.99
 SUB PITA CHIPS - 2

SOFT PRETZEL STICKS

Four large salted baked, soft pretzel sticks served with beer cheese sauce - 11.99

LETTUCE WRAPS ^{heart}

Crisp iceberg lettuce shells filled with seasoned rice, carrot and cucumber medley, and pulled chicken, all topped with teriyaki sauce - 13.99
 TRY WITH TUNA - 6

CHICKEN TENDERS

Juicy white meat chicken breast, coated in our signature crispy breading - 12.99 ADD FRIES 2.99

ALL WRAPPED UP

Served with straight fries or chips. Substitute onion rings, cottage cheese, cole slaw, macaroni, or sweet potato fries 2.99 Substitute side salad or cup of soup 3.99

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 - 14.99

Try it with buffalo sauce for 1.00

CRANBERRY CHICKEN ^W

Homemade chicken salad with cranberries, candied walnuts, and lettuce mix wrapped in a whole wheat tortilla - 13.99

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. 16.99

ITALIAN PIADINA

Capicola, ham, and pepperoni rolled up with shredded lettuce, banana and red peppers, red onion and mozzarella cheese and tossed in vinegar, oil and mayonnaise - 14.99

SAVORY SALADS



SASHIMI TUNA SALAD ^{heart}

Ahi 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 - 17.99

• COBB SALAD •

Chopped romaine and iceberg lettuce topped with egg, avocado, tomatoes, grilled chicken, bacon, and blue cheese crumbles - 13.99

WELLMAN'S CHICKEN CHOP ^W

Arcadian lettuce, chopped grilled chicken, bacon, tomato, all tossed in our house creamy Parmesan dressing and topped with Asiago Parmesan crisps - 13.99

ASIAN CHICKEN ^{heart}

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 - 13.99

WELLMAN'S HOUSE

Grilled chicken breast, romaine and iceberg lettuce, chopped bacon, cheddar cheese, Iowa sweet corn, tomatoes, cucumbers, and garlic croutons - 12.99

CRANBERRY SALMON

Atlantic salmon atop a bed of fresh spinach tossed with candied walnuts, feta cheese, dried cranberries, and red onion. Served with our raspberry vinaigrette dressing - 17.99

CHICKEN CAESAR

Chopped Romaine lettuce, sliced red onion, grated parmesan cheese, marinated grilled chicken and garlic croutons tossed in creamy Caesar dressing - 13.99

Substitute steak*, salmon, or tuna on any salad - 6

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

RICE BOWLS

Substitute our five grain quinoa blend in any bowl for \$3



CHIPOTLE CHICKEN

Fresh pulled chicken tossed in chipotle, avocado, corn, black beans, cilantro and sweet chili sauce - 14.99

TUNA POKE ^{heart}

Seared rare Ahi tuna tossed in our cilantro soy ginger sauce, mangos, avocado and cucumber- 16.99

• GOCHUJANG CHICKEN •

Pretzel breaded chicken tossed in Gochujang sauce, chopped broccoli, carrots, mushrooms, and topped with cilantro - 14.99

TERIYAKI BURRITO BOWL

Teriyaki marinated ribeye, corn salsa, pico de gallo, mozzarella cheese, and seasoned rice. Topped off with sour cream and chipotle mayo - 15.99

MAC 'N CHEESE

BUFFALO CHICKEN

Roasted chicken and tangy buffalo sauce tossed with our creamy white cheddar macaroni. Baked with cornbread crumbs and extra buffalo sauce on top - 14.99

WHITE CHEDDAR

Cavatappi pasta tossed in aged white cheddar sauce and topped with cornbread crumbs - 13.99

GARLIC SHRIMP ^W

Blackened Shrimp, garlic, white cheddar cavatappi, topped with cornbread crumbs and baked to perfection - 16.99

BBQ BRISKET

Smoked beef brisket tossed in barbecue, added to our white cheddar macaroni and baked with a cornbread crumb crust - 15.99

YOU PICK 2

Your choice of two items: 1/2 sandwich (BLT, Classic Club or Cranberry Chicken Salad) side salad or bowl of soup - 11.99

WELLMAN'S SOUP

Wellman's Famous Clam Chowder, Chicken Tortilla, or our Soup of the Day
 Cup - 4.99 • Bowl - 6.99

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STACKED SANDWICHES

Served with straight fries or chips. Substitute onion rings, cottage cheese, cole slaw, macaroni, or sweet potato fries 2.99 Substitute side salad or cup of soup 3.99



• CAJUN TUNA • **W**

Cajun Ahi tuna fillet seared rare, covered in sesame seeds and served on a bun with spinach, caramelized onions, roasted red peppers, and chipotle mayo - 16.99

SOUTHWEST TURKEY SANDWICH

Thinly sliced turkey piled high with Applewood bacon, pepper jack cheese, avocado, lettuce, tomato, and chipotle mayo - 14.99

TOMMY B TENDERLOIN **W**

Cajun seasoned pork tenderloin served grilled or breaded with lettuce, tomato, onion and pickle - 14.99

FIREHOUSE PHILLY

Shaved prime beef piled high with green peppers, mushrooms, and onions topped with melted pepper jack cheese tucked in a Cuban loaf - 14.99

ITALIAN BEEF

Slow roasted beef, dipped in au jus and topped with mozzarella cheese and giardiniera on a local Palmer's Hoagie. Served with extra au jus - 14.99

BBQ PULLED PORK SLIDERS

Three mini toasted buns full of tender pulled pork topped with Mesa BBQ sauce and our cole slaw - 14.99

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 - 16.99

STEAK SANDWICH*

Sliced ribeye grilled to your liking, topped with lettuce, tomato, crisps fried onions and our new A1 aioli on a ciabatta hoagie - 16.99

CLASSIC CLUB

Thinly sliced ham and turkey piled high with applewood smoked bacon, mayo, cheddar and Swiss cheese, tomato, and lettuce - 14.99

CHICKEN CLUB

Grilled chicken with applewood smoked bacon piled with cheddar and Swiss cheese, mayo, tomato, and lettuce - 13.99

BUFFALO CHICKEN SANDWICH

Breaded or grilled chicken tossed in buffalo sauce, shaved iceberg lettuce, tomato, and mayonnaise - 13.99

WELLMAN'S BLT

Applewood smoked bacon, tomato, mayo, avocado, and romaine lettuce on Texas toast - 14.99

PRIME RIB & AU JUS DIP

Shaved prime rib topped with Swiss cheese. Served with au jus - 15.99

CHICKEN BACON CHEESESTEAK

Seasoned chopped chicken, Applewood bacon, sautéed peppers and onions, house ranch and melted provolone cheese on a ciabatta roll - 14.99



• THE ROOSEVELT •

Fried jalapeños, Havarti cheese, shredded lettuce, tomato and Thousand Island dressing - 15.99

THE PUB BURGER **W**

Melted Swiss cheese, applewood smoked bacon, sautéed mushrooms, and our pub sauce - 15.99

BOLD BURGERS*

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

• Substitute any burger for a chicken breast or Impossible Burger for a 2.00 charge. •
 Served with straight fries or chips. Substitute onion rings, cottage cheese, cole slaw, macaroni, 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 - 13.99

THE WOODBURY **W**

Topped with cheddar cheese, applewood smoked bacon, and crisp onion rings smothered in our Mesa BBQ sauce - 15.99

TERRACE HILL

Topped with a fried egg, shaved grilled ham, cheddar cheese, crisp onion rings, pickle, onion, lettuce, and tomato - 15.99

CALIFORNIA

Crisp applewood smoked bacon and rich guacamole with Swiss, pickle, onion, lettuce, and tomato - 15.99

THE WATERBURY BLUE

Topped with blue cheese crumbles, applewood smoked bacon, crisp onion rings, pickle, onion, lettuce, and tomato - 15.99

GREEN CHILI QUESO

Smothered in our new house queso and chopped sweet and spicy green chilis. Garnished with pickle, onion, lettuce and tomato - 15.99

GRAND AVENUE

Pepperoni, jalapeños, and banana peppers topped with pepper jack cheese and chipotle mayo. Served with pickle, onion, lettuce, and tomato - 15.99

BBQ RANCH

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 - 16.99

IMPOSSIBLE BURGER **heart**

Impossible plant-based burger patty topped with lettuce, tomato, pickle, and onions - 15.99



• CHIPOTLE BBQ CHICKEN •

Roasted chicken, BBQ sauce, and caramelized onions finished with chipotle mayo, and scallions - 18.99

PIZZA

ANY PIZZA AVAILABLE ON OUR FLATBREAD CRUST - 14.99

MARGHERITA **W**

Fresh mozzarella and tomatoes finished with fresh chopped spinach - 17.99

BUFFALO CHICKEN

Buffalo sauce, roasted chicken, and caramelized onions all topped with buffalo sauce, ranch dressing, and chives - 18.99

THE HONEY HEATER

Capicola, Italian Sausage, mushrooms and hot honey drizzle on top of our house pizza sauce and mozzarella - 19.99

MEAT LOVERS

Italian sausage, ham, pepperoni, and Wellman's pizza sauce - 19.99

BUILD YOUR OWN

We start with fresh mozzarella cheese and add up to three toppings. 16.99

FLATBREAD PIZZA - 11.99

TOPPINGS

ADDITIONAL 3 EACH 1.50 FLATBREAD
 Pepperoni • Sausage • Bacon • Ham
 Chicken • Mushroom • Spinach • Tomato
 Onion • Banana Pepper Jalapeño
 Roasted Red Pepper • Green Peppers

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 - 8.99

CINA-PRETZEL BITES

Warm and delicious soft pretzel bites tossed in our cinnamon sugar blend and served with vanilla cream frosting - 8.99

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.