

Welcome to the Des Moines Metro Area!

The NSDA national office is in West Des Moines so we asked our local staff for their recommendations. For 2025, we've updated this list to also include a couple of new spots and more detail.

Places for a Quick and Easy Meal

^ Chain with Multiple Locations

- [Abelardo's](#)[^]
- [B-Bop's](#)[^]
- [Big Acai](#)[^]
- [Charlotte's Kitchen](#)
- [Chicken Heat](#)
- [Fresh Med Express](#)
- [Gateway Market Cafe](#)
- [Green Olive](#)
- [Gursha Ethiopian Grill](#)
- [Hansen's Manhattan Deli](#)
- [Kue'd Smokehouse](#)
- [Lucky Lotus](#)
- [Lachele's Fine Foods](#)
- [Maccabees Kosher Deli](#)
- [Maria Mexican Food](#)[^]
- [Mo'z Mediterranean Grill](#)
- [Palmer's Deli](#)[^]
- [Panchero's](#)[^]
- [Tasty Tacos](#)[^]
- [Taste of NY Pizza](#)[^]
- [Ted's Coney Island](#)[^]
- [TNT's Tacos And Tortas](#)[^]
- [Z'Mariks Noodle Cafe](#)

Breakfast:

- [Homegrown Kitchen](#) (two locations)
- [Early Bird](#)
- [Chu Chu Donuts](#)
- [5 Borough Bagels](#) (multiple locations)
- [Donut Hut](#)
- [La Mie](#)
- [The Breakfast Club](#) (two locations)
- [Eggs and Jam](#)

Coffee/Drink Shop:

- [Smokey Row](#) (multiple locations)
- [Horizon Line Coffee](#)
- [Daisy Chain Coffee](#)
- [The Slow Down Coffee Co.](#)
- [Zanzibar's Coffee Adventure](#)
- [The Coffeesmith](#)
- [Hyper Energy Bar](#) (multiple locations)
- [Lifestyle Juices](#)

Places for a Sit-Down Meal

** Takes Reservations*

- [A Dong - Fine Vietnamese Cuisine](#)
- [Amruth Indian Grill](#)
- [Buzzard Billy's*](#)
- [Banana Leaf](#)
- [Bubba](#)
- [Big Grove Tap Room*](#)
- [Christopher's*](#)
- [Cosi Cucina*](#)
- [Drake Diner](#)
- [Eatery A*](#)
- [Either/Or](#)
- [Flying Mango*](#)
- [Fresko*](#)
- [Gastro Grub & Pub*](#)
- [Gilroy's Kitchen + Pub + Patio*](#)
- [Grimaldi's Coal Brick-Oven Pizza](#)
- [Iowa Taproom](#)
- [Kathmandu Restaurant*](#)
- [Machine Shed](#)
- [Mi Patria Ecuadorian Restaurant](#)
- [MinGaLaBar Burmese Kitchen*](#)
- [OPA! Italian and Greek*](#)
- [Parlor](#)
- [Roca*](#)
- [Taste of Africa](#)
- [Tullpa Restaurant](#)
- [Tumea & Sons Restaurant](#)
- [The Pelican Post Bar & Grill*](#)
- [The Walnut](#)
- [Vietopia Asian Fusion Bistro](#)
- [Wilson's Orchard*](#)
- [Winn's Pizza and Steakhouse](#)
- [Zavy Kitchen*](#)
- [Zombie Burger](#)

Sweets

- [Home Sweet Cone](#)
- [Molly's Cupcakes](#)
- [Creme](#)
- [Monarca Paletas](#)
- [Black Cat Ice Cream](#)
- [Molly's Frozen](#)

Serving Food After 8pm

Of course many chain restaurants are open late, but here are a few local spots for those late night prep sessions!

- [Abelardo's Mexican Food](#) *(Multiple Locations)*
 - Fast and Inexpensive Mexican food
 - Drive through open 24/7
- [Barn Town](#) *(Near Waukeg)*
 - Burgers, Sandwiches, Skillet Mac and Cheese.
 - Kitchen Open until 9pm Sun-Wed, 10pm Th-Sat.
- [Drake Diner](#) *(Near Roosevelt and Downtown)*
 - Nostalgic Diner serving 'homemade comfort food'
 - Open until at least 9pm Wednesday - Sunday
- [The Pelican Post Bar & Grill](#) *(Near Valley High School)*
 - Pub food with a large patio and often live music. Takes Reservations!
 - Open until at least midnight!
- [Zombie Burger](#) *(Downtown)*
 - Student Favorite! "Goremet" Burgers (Vegan options, too)
 - Open until 9pm Sunday - Thursday

Amusement and Entertainment

Looking for a team or district wide hang out? Consider these fun spots.

- [Backpocket Pin & Pixel](#)
 - Duckpin Bowling Alley and Retro Arcade
- [Putts & Pins](#)
 - Duckpin Bowling Alley and Mini Golf
- [Smashpark](#)
 - Pickleball courts, arcade games, axe throwing, lawn games... lots of stuff!
- [Escapology Escape Rooms Clive](#)
 - Escapology Clive offers private, immersive escape rooms where you have 60 minutes to solve puzzles and complete your mission.
- [Spare Time](#)
 - Luxury bowling lanes, a huge Game Zone arcade packed with the latest games, an epic laser tag arena, escape rooms, restaurants and more.

- [Adventureland](#)
 - Take on classic coasters like Tornado and Outlaw or jump on our newest rides, Draken Falls and Flying Viking, for Iowa's best thrills. Splash away at Adventure Bay water park, including thrilling slides, a lazy river, relaxing pools and so much more, all included with your admission to Adventureland. Use discount code NSDA to save on admission!