**African**

[Africana Halal Restaurant](https://www.zmenu.com/africana-halal-restaurant-des-moines-online-menu/)

Pan-African

2907 Douglas Ave, DSM

515-630-3402

[Gursha Ethiopian Grill](https://www.facebook.com/Gurshaiowa/)

Ethiopian

2316 University Ave, DSM

515-630-1077

[Patience’s African Cuisine](https://www.zmenu.com/patiences-african-cuisine-des-moines-online-menu/)

Pan-African

3811 Douglas Ave, DSM

515-279-6158

[Prophecy Restaurant](https://weederesidence6.wixsite.com/website)

West African

2100 E 14th St. DSM

515-402-3204

[Taste of Africa](https://www.facebook.com/tasteofafricadmi/)

Pan-African

2500 MLK Parkway, Suite 3, DSM

515-779-2911

**Asian**

[A Dong](https://www.adongrestaurant.com/)

Vietnamese

1511 High St, DSM

515-284-5632

[Akebono 515](http://www.akebono515.com/dinner.html)

Japanese

215 10th St Suite 120, DSM

515-244-5972

[All Pho You](https://allphoyoudsm.com/)

Vietnamese/Chinese

4120 University Ave, DSM

515-279-4711

[Aroy-Dee](https://www.facebook.com/pages/Aroy-Dee-lish/240013639409609)

Thai

2128 Indianola Ave, DSM

515-528-8009

[Blu Thai Food and Sushi](https://bluthaifood.com/)

Thai

309 13th St, DSM

515-243-0690

[Cheng’s Garden](http://www.atchengsgarden.com/)

Chinese

3708 Merle Hay Rd, DSM

515-276-2188

[China Place Restaurant](http://chinaplacedsm.com/)

Chinese

2414 University Ave, DSM

515-633-9393

[Fawn’s Asian Cuisine](https://www.fawnsasiancuisine.com/)

Pan-Asian

1107 E University Ave, DSM

515-266-0664

[Flying Mon Noodles Bar](https://www.flyingmon.com/menu)

Asian Fusion

3708 Merle Hay Rd, DSM

515-630-0209

[India Star](http://www.indiastardm.com/menu.php)

Indian

5514 Douglas Ave, DSM

515-279-2118

[JJ Jasmine](https://www.facebook.com/OfficialJJJasmine/)

Thai

400 Walnut St, DSM

515-288-4247

[Kathmandu](https://www.ktmrestaurant.com/)

Bhutanese/Nepali

7229 Apple Valley Dr, Wn Hts

515-255-1270

[Le’s Chinese Bar-B-Que](https://www.facebook.com/New-Les-Chinese-Bar-B-Que-116298678394694/)

Chinese

1600 2nd Ave, DSM

515-244-6111

[Lucky Lotus](https://www.luckylotusdsm.com/)

Pan-Asian

2721 Ingersoll Ave, DSM

515-262-8488

[Lzaza](https://www.facebook.com/Lazaindopak/)

Indian/Pakistani

1409 23rd St, DSM

515-381-1121

[Miyabi 9](https://miyabi9iowa.com/)

Japanese

512 E Grand Ave, DSM

515-288-8885

[Nut Pob](https://www.zmenu.com/nut-pob-restaurant-des-moines-online-menu/)

Thai

3322 Indianola Ave, DSM

515-246-8055

[Pho 515](https://www.facebook.com/pho515/)

Vietnamese

801 University Ave, DSM

515-243-2434

[Pho 888](https://zmenu.com/pho-888-des-moines-online-menu/)

Vietnamese

1521 2nd Ave, DSM

515-288-1595

[Phở All Seasons](https://pho-all-seasons.business.site/)

Vietnamese

1311 E Euclid Ave, DSM

515-330-1840

[Pho Real](https://www.facebook.com/phorealdsm/)

Vietnamese

200 4th St, DSM

515-630-3552

[Rolling Wok Café](https://therollingwokcafe.com/)

Pan-Asian

1534 E Grant Ave E, DSM

515-266-3787

[Sam’s Fine Food and Egg Roll](https://www.facebook.com/SamsFineFoodEggRolls/)

Chinese

3300 SW 9th St UNIT 4, DSM

515-288-5400

[Shang Yeu](https://shangyuendesmoines.com/)

Chinese

5717 Hickman Rd, DSM

515-277-1000

[Spices Of Nepal Restaurant & Grocery](https://www.spicesofnepal.com/)

Nepali

4804 SW 9th St, DSM

515-285-0467

[Thai Flavors](http://thaiflavorsiowa.com/)

Thai

1254 E 14th St, DSM

515-262-4658

[TNT Vietnamese](https://tntrestaurant.com/)

Vietnamese

3452 MLK Jr Pkwy, DSM

515-277-7790

[Tsing Tsao](https://tsingtsaodsm.com/)

Chinese

2231 E University Ave, DSM

515-262-2775

[Vietnam Café](https://www.facebook.com/VietnamCafeMHM/)

Vietnamese

3800 Merle Hay Rd, DSM

515-252-8713

[Wasabi Chi](http://wasabidsm.com/)

Chinese/Japanese

5418 Douglas Ave, DSM

515-528-8246

**Central/South American**

[5 De Mayo](https://www.5demayomr.com/)

Mexican

5118 SE 14th St, DSM

515-287-7772

[Cafe Con Leche](https://www.facebook.com/cafeconlecheDSM/)

Mexican

2905 Hubbell Ave, DSM

515-745-6948

[Ceviche](http://www.cevichebardsm.com/)

Cuban

223 E Walnut St, DSM

515-770-9795

[El Buen Sabor Latino](https://el-buen-sabor-salvadoran-restaurant.business.site/)

Salvadoran

1130 E 9th St, DSM

515-265-2895

[El Patio](https://m.facebook.com/profile.php?id=448803001968979)

Mexican

611 37th St, DSM

515-274-2303

[El Rodeo](https://www.elrodeo123dm.com/)

Mexican

7420 Douglas Ave, DSM

515-251-7647

[El Salvador del Mundo](https://www.facebook.com/elsalvador2004/)

Salvadorian

2901 6th Ave, DSM 515-244-5224

[Fernando’s](https://www.facebook.com/pages/category/Tex-Mex-Restaurant/Fernandos-Mexican-Grill-541248425947514/)

Mexican

2316 University Ave, DSM

515-255-3700

[Isla Del Pacifico](https://www.facebook.com/IslasDelPacificoMexRestAndSeafood/)

Mexican

1434 Des Moines St, DSM

515-223-6319

[La Cabaña](https://www.facebook.com/laCabanaBG/)

Mexican

1435 Army Post Rd, DSM

515-630-1677

[La Cuscatleca](https://www.facebook.com/lacuscatlecadmi/)

El Salvadorian

1240 E 14th St, DSM

515-262-1158

[La Pena](https://www.facebook.com/pages/La-Pena/111607408874526)

Mexican

2010 Indianola Ave, DSM

515-288-3226

[Los Laureles](https://www.facebook.com/LosLaurelesMexicanRestaurant/)

Mexican

1518 E Grand Ave, DSM

515-265-2200

[Malo](https://malodesmoines.com/)

Pan-Latin

900 Mulberry St, DSM

515-244-5000

[Mi Patria](https://mipatriadsm.com/)

Ecuadorian

1410 22nd St W DSM

515-222-2755

[Old West](http://oldwestmexican.com/)

Mexican

4138 Fleur Dr, #2324, DSM

515-285-2468

[Paleteria La Michocana](https://www.facebook.com/icecreamlamich/)

Mexican

1552 E Grand Ave, DSM

515-265-0696

[Panka](https://www.pankadsm.com/)

Peruvian

2708 Ingersoll Ave, Ste 200, DSM

515-244-143

[Pueblo Viejo](https://www.facebook.com/pueblo.viejo.restaurant/)

Mexican

3841 E 14th St, DSM

515-265-1720

[Puerto Rico Restaurant](https://www.facebook.com/PuertoRicoRestaurante/)

Puerto Rican

6611 University Ave, W.H.

515-274-1690

[Rancho Alegre](https://www.facebook.com/pages/Rancho-Alegre-Restaurant/119818571367658)

Mexican

3308 Indianola Ave, DSM

515-282-4004

[Tacos La Familia](https://www.facebook.com/LaFamiliaTacoCo/)

Mexican

1610 6th Ave, DSM

515-244-6659

[Tacos Mariana’s](https://www.facebook.com/marianastacos/)

Mexican

1305 University Ave, DSM

515-288-1499

[Tamales Industry](https://www.facebook.com/tamalesindustry/?rf=883653121690410)

Mexican

3800 Merle Hay Rd, DSM

515-288-1135

[Tequila Mexica Restaurant](https://www.facebook.com/pages/category/Mexican-Restaurant/Tequila-Mexican-Restaurant-147777595238185/)

Mexican

2824 Easton Blvd, DSM

515-262-4485

[Viva Mexican Restaurant](https://vivadsm.com/)

Mexican

6101 Grand Ave, DSM

515-255-8238

**European/Middle Eastern**

[3B Grill](https://www.facebook.com/pages/3B-Grill/112526698826849)

Bosnian

3500 Merle Hay Road, DSM

515-331-7787

[Chocolaterie Stam](https://shop.stamchocolate.com/)

Dutch

2814 Ingersoll Ave, DSM

515-282-9575

[Christopher’s](https://www.christophersdsm.com/)

Italian

2816 Beaver Ave, DSM

515-274-3694

[Django](http://www.djangodesmoines.com/)

French

1420 Locust Street, DSM

515-288-0268

[Gazali’s Mediterranean Grill](https://www.facebook.com/Gazalis-Gyros-Mediterranean-Specialities-170901839622441/)

Mediterranean

1205 25th St, DSM

515-309-9167

[Graziano Brothers](https://grazianobrothers.com/)

Italian Deli & Grocery Store

1601 S Union St, DSM

515-244-7103

[Hessen Haus](https://hessenhaus.com/)

German

101 SW 4th St, DSM

515-288-2520

[Irina’s Restaurant and Bar](https://irinasrestaurantandbar.com/)

Russian

2301 Rocklyn Dr, DSM 515-331-0399

[Lazize](https://www.facebook.com/lazizedmmh/)

Lebanese/Middle Eastern

3800 Merle Hay Road, DSM

515-250-5703

[Maccabee’s Kosher Deli](http://maccabeeskosherdeli.com/menu/)

Kosher/Israeli

1150 Polk Boulevard, DSM

515-277-1718

[Noah’s Ark](https://www.noahsarkdesmoines.com/)

Italian

2400 Ingersoll Ave, DSM

515-288-2246

[Olympic Flame](http://olympicflamedesmoines.com/)

Greek

514 E Grand Ave, DSM

515-243-4361

[Open Sesame](https://www.facebook.com/Open-Sesame-213922877838/)

Lebanese/Mediterranean

313 E Locust St, DSM

515-288-3151

[Palmyra Restaurant](https://www.palmyrarestaurantia.com/)

Middle Eastern

2907 Douglas Ave, DSM

515-30-3402

[Proof](https://www.proofrestaurant.com/)

Mediterranean

1301 Locust St, Suite C, DSM

515-244-0655

[Scornovacca’s](http://scornos.com/)

Italian

1930 SE 14th St, DSM

515-244-5779

[Shawarma City](https://website-634166157127057981577-restaurant.business.site/?utm_source=gmb&utm_medium=referral)

Mediterranean

4944 Franklin Ave, DSM

515-277-6393

[Tito’s Lounge](https://titosloungeiowa.com/)

Bosnian

3916 NW Urbandale Dr, DSM

515-348-9319

[Tursi’s Latin King](http://tursislatinking.com/)

Italian

2200 Hubbell Ave, DSM

515-266-4466

**Cajun/Creole**

[Fat Tuesdays](https://www.facebook.com/FatTuesdayRestaurant/)

Cajun

6112 SW 9th St, DSM

515-285-3552

**Grocery Stores:**

**60th Market International Groceries**

[5954 Ashworth Rd, West Des Moines, IA 50266](https://www.bing.com/local?lid=YN873x16272509234680020444&id=YN873x16272509234680020444&q=60th+Market&name=60th+Market&cp=41.5838508605957%7e-93.78880310058594&ppois=41.5838508605957_-93.78880310058594_60th+Market) ▪ (515) 225-2858 ▪ Food from the Middle East

**All African’s Market**

511 Euclid Ave, Des Moines, IA 50313 ▪ 515-208-9746 ▪ Food from throughout Africa

**Anju International Food mart**

1050 E. Army Post Rd, Des Moines, IA 50315 ▪ 602-326-2184 ▪ Nepali food

**Aws's Mediterranean Market**

7213 Apple Valley Dr, Windsor Heights, IA 50324 ▪ 515-279 4015▪ Iraqi/Mediterranean Food

**Ayub Grocery**

[2500 Martin Luther King Jr Pkwy, Des Moines, IA 50310](https://www.bing.com/local?lid=YN873x9196189256898889794&id=YN873x9196189256898889794&q=Ayub+Restaurant&name=Ayub+Restaurant&cp=41.61691665649414%7e-93.64741516113281&ppois=41.61691665649414_-93.64741516113281_Ayub+Restaurant) ▪ (515) 330-2644 ▪ African, Asian, & American foods

**Chin Family Asia Grocery Store**

7450 Hickman Rd Windsor Heights, IA 50324 ▪ 515-783-1516 ▪ Food from Burma/Myanmar, Thailand, and Malaysia

**Chin Land Store**

3015 Merle Hay Rd ste3, Des Moines, IA 50310 ▪ 515-278-4020 ▪ Food from Burma/Thailand

**C-Fresh Market**

[801 University Ave, Des Moines, IA 50314](https://www.bing.com/local?lid=YN873x115947944&id=YN873x115947944&q=C+Fresh+Market&name=C+Fresh+Market&cp=41.60124969482422%7e-93.62812805175781&ppois=41.60124969482422_-93.62812805175781_C+Fresh+Market) ▪ (515) 288-0525 ▪ Variety of International foods, including Asian and Mexican, vegan options, Vietnamese restaurant Pho 515 inside

**Double Dragon Food Market**

1537 2nd Ave, Des Moines, IA 50314 **▪** (515) 284-0527 **▪** Southeast Asian food

**European Flavors**

1150 73rd St, Clive, IA 50325 **▪** 515-279-1431 **▪** Foods from many European countries

**Express Halal Market and Deli**

1016 University Ave, Des Moines, IA 50311 ▪ 515- 410-2047

**Golden Family Asian Grocery**

4109 SE 14th St, #1637 Des Moines, IA 50320 ▪ 515-635-0759 ▪ Food from various Asian countries.

**Golden Land Food Market**

2740 Douglas Ave, Des Moines, IA 50310 ▪ 515-635-0039 ▪ Asian grocery store

**Grace Grocery**

[1217 Forest Ave, Des Moines, IA 50314](https://www.bing.com/local?lid=YN873x7109401125652431565&id=YN873x7109401125652431565&q=Grace+Grocery+LLC&name=Grace+Grocery+LLC&cp=41.604244232177734%7e-93.63381958007812&ppois=41.604244232177734_-93.63381958007812_Grace+Grocery+LLC) ▪ 515-444-6677 ▪ African grocery store

**Hilal Groceries**

[1163 25th St, Des Moines, IA 50311](https://www.bing.com/local?lid=YN234x4846546&id=YN234x4846546&q=Hilal+Groceries&name=Hilal+Groceries&cp=41.59988784790039%7e-93.6506118774414&ppois=41.59988784790039_-93.6506118774414_Hilal+Groceries) ▪ 515-274-8943 ▪ Indian, Pakistani, African, Middle Eastern, Hilal options

**Ibrahim Grocery and Fashion**

2009 Forest Ave, Des Moines, IA ▪ 515-410-1551 ▪ Mediterranean and African

**La Tapatia Grocery**

1440 Des Moines Street, Des Moines, IA 50316 ▪ 515-262-8097 ▪ Food from Latin America ▪ Has several locations

**Mid-City Halal Foods Mart**

2720 Douglas Ave, Des Moines, IA 50310 ▪ 515-822-6950

**Namaste India Supermarket**

[7700 University Ave, Clive, IA 50325](https://www.bing.com/local?lid=YN873x15872114302782032948&id=YN873x15872114302782032948&q=Namaste+India+Supermarket&name=Namaste+India+Supermarket&cp=41.599998474121094%7e-93.72270965576172&ppois=41.599998474121094_-93.72270965576172_Namaste+India+Supermarket) ▪ 515-200-7073 ▪ Indian/Asian Foods

**Namaste Nepali Groceries**

3314 Indianola Ave, Des Moines, IA 50315 ▪ 678-790-6554 ▪ Nepali food

**New Discount Market**

3207 Douglas Ave, Des Moines, IA 50310 ▪ 515-850-1857 ▪ Food from Thailand and Burma/Myanmar

**New Oriental Store**

515 E Grand Ave, Des Moines, IA 50309 ▪ 515-243-3911 ▪ Asian grocery store

**Penula Grocery Store**

1217 Forest Ave, Des Moines, IA 50314 ▪ 515-822-6866 ▪ Congolese, Burundian, Kenyan, and Ugandan food.

**Quick Stop African Market**

511 Euclid Ave, Des Moines, IA 50313 ▪ 515-243-0868 ▪ West African and some Eastern African food

**Spices of Nepal**

4804 SW 9th St, Des Moines, IA 50315 ▪ 515-285-0467 ▪ Restaurant and Nepali grocery

**Thai Grocery**

1220 2nd Ave, Des Moines, IA 50314 ▪ 515-288-8937 ▪ SE Asian food

**Trusty African Market**

7221 Apple Valley, Windsor Heights, IA 50324 ▪ 763-843-3876 ▪ West African food