### FOOD SHOWS:

<table>
<thead>
<tr>
<th>ESTABLISHMENT</th>
<th>FEATURED ON:</th>
<th>WHEN TO VISIT:</th>
<th>INFO:</th>
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| **Crème Cupcake + Dessert** | ▶ Owner featured on Food Network's *Cupcake Wars*  
▶ Must Eat: cupcake and champagne or the famous chocolate flourless torte | Tues - Fri: 11 a.m. - 5 p.m.  
Sat: 10 a.m. - 5 p.m. | 1543 28th Street,  
Des Moines  
cremecupcake.com |
| **Fong's Pizza** | ▶ Alton Brown awarded their Crab Rangoon Pizza the honor of his pick for the Food Network's *The Best Thing I Ever Ate* | Downtown Location:  
Sun -Thur: 11 a.m. - 12 a.m.  
Fri - Sat: 11 a.m. - 3 a.m. | 223 4th Street,  
Des Moines  
fongspizza.com |
| **Jethro's BBQ** | ▶ Featured on third season of Travel Channel's *Man Vs. Food*  
▶ Try the infamous Adam Emmenecker challenge. We dare you! | Mon - Wed: 11 a.m. - 9 p.m.  
Thur - Sat: 11 a.m. - 10 p.m.  
Sun: 11 a.m. - 9 p.m. | 1543 28th Street,  
Des Moines  
cremecupcake.com |
| **Mi Patria** | ▶ Featured on Food Network’s *Diners, Drive-Ins and Dives*  
▶ Must Eat: Hornado con Mote (pulled pork), carne asada, and sweet plantains. | Mon - Sat: 11 a.m. - 9 p.m. | 1410 22nd Street,  
West Des Moines  
mipatriaecuador.com |
| **University Library Café** | ▶ Featured on Cooking Channel’s *Cheap Eats*  
▶ Must eat: breakfast nachos | Mon - Thur: 11 a.m. - 11 p.m.  
Fri: 11 a.m. - 12 a.m.  
Fri: 8 a.m. - 12 a.m.  
Fri: 8 a.m. - 11 p.m. | 3506 University Avenue,  
Des Moines  
thelibrarydm.com |

### OTHER FOODIE HIGHLIGHTS:

- **High Life Lounge** (broasted chicken, bacon wrapped tots)  
  – *Man vs. Food, Cheap Eats*
- **B&B Deli** (tenderloin)  
  – *Bizzare Foods America*
- **Machine Shed** (biscuits and gravy, cinnamon rolls)  
  – *Food Paradise, United States of Bacon*
- **Smokey D’s BBQ** (BBQ)  
  – *Diners, Drive-Ins and Dives*
- **Eatery A** (cioppino, wood-fired pizzas)  
  – *Cheap Eats*
- **Flying Mango** (BBQ)  
  – *Diners, Drive-Ins and Dives*
- **Smitty's** (tenderloins)  
  – *Man vs. Food, The Today Show*
- **Zombie Burger** (Walking Ched burger)  
  – *The Today Show, United States of Bacon*
- **Maid-Rite** (loose meat sandwhiches)  
  – *Food Paradise*
- **Cactus Bob’s** (BBQ)  
  – *Man vs. Food, Outrageous Food*
### TV AND MOVIE HIGHLIGHTS:

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<tr>
<td><strong>Java Joe’s</strong></td>
<td>▶ A Des Moines’ favorite coffee house</td>
<td><strong>Mon - Wed:</strong> 7 a.m. - 3 p.m. <strong>Thur - Sat:</strong> 7 a.m. - 8 p.m. <strong>Sun:</strong> 7 a.m. - 4 p.m.</td>
<td>214 4th Street, Des Moines facebook.com/Java-JoesDesMoines</td>
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<td>▶ MSNBC’s <em>Morning Joe</em> live broadcast here</td>
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<td><strong>West End Architectural Salvage</strong></td>
<td>▶ This business had its own show on the DIY Network and features salvaged treasures and inspiration for your next home project.</td>
<td><strong>Mon - Fri:</strong> 9 a.m. - 5 p.m. <strong>Sat:</strong> 9 a.m. - 4 p.m. <strong>Sun:</strong> 12 - 4 p.m.</td>
<td>22 9th Street, Des Moines westendsalvage.com</td>
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<td><strong>Bridges of Madison County</strong></td>
<td>▶ The namesake of the 1995 film features breathtaking shots of the countryside and these iconic bridges.</td>
<td><strong>May through October:</strong> <strong>Mon - Sat:</strong> 9 a.m. - 4 p.m. <strong>Sun:</strong> 12 - 3 p.m.</td>
<td>73 Jefferson Street, Winterset madisoncounty.com/the-covered-bridges</td>
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<td><strong>John Wayne Birthplace Museum</strong></td>
<td>▶ Museum is adjacent to his childhood home that features original memorabilia. ▶ Catch a John Wayne western in the museum’s theater.</td>
<td>Refer to website.</td>
<td>205 S. John Wayne Dr. Winterset, IA johnwaynebirthplace.museum</td>
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### OTHER TV HIGHLIGHTS:

- **RoCA** (shared plates and craft cocktails) – Featured on Season 19 of *The Bachelor*
- **Iowa State Capitol building** – Featured on Season 24 of *The Bachelor*

### CELEBRITY STREET CRED:

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<th>CELEBRITY:</th>
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<td><strong>Jason Momoa</strong></td>
<td>▶ Born in Hawaii, raised in nearby Norwalk. ▶ Famous for roles in <em>Aquaman</em> and <em>Game of Thrones</em>. ▶ Favorites local spots include: High Life Lounge, Kung Fu Tap &amp; Taco, B-Bops burgers, Tasty Tacos, and Waveland Café (Try the Biscuits and gravy dish named after him called “Da Momoa”)</td>
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<td><strong>Brandon Routh</strong></td>
<td>▶ Local celebrity who went to high school with Jason Momoa. ▶ Best known for his role as Superman in <em>Superman Returns</em>. ▶ Spotted at a production of Hamilton at the Des Moines Civic Center.</td>
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<td><strong>Ed Sheeran</strong></td>
<td>▶ Pop superstar who called Des Moines one of his favorite cities.</td>
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<td><strong>Drake</strong></td>
<td>▶ Rapper and singer extraordinaire who visited after #BringDraketoDrake went viral and even posed next to the Drake University sign.</td>
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<td><strong>Reggie Miller</strong></td>
<td>▶ NBA Hall of Famer who called Des Moines one of the best cities he’s ever visited when he was here for the 2019 Men’s NCCA Basketball tournament.</td>
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