

Frank & Teressa's

ANCHOR BAR

• ESTABLISHED 1935 BUFFALO, NY •

BREAKFAST MENU

LIGHTER FARE

VERY BERRY YOGURT-TINI PARFAIT 9.00

Vanilla yogurt, strawberries, bananas, blueberries, granola, chopped pecans

TOASTED BAGEL (Plain or Cinnamon) 3.00

Served with butter, jelly or cream cheese

BREAKFAST SANDWICH 8.00

Two eggs, your choice of ham, bacon or sausage, & cheddar cheese served on your choice of toast.

OMELETS

ADD 5 WINGS
to any order + 6.95

MEAT & CHEESE OMELET 10.00

Three eggs, ham, bacon & sausage, your choice of 1 cheese, american, swiss, provolone or cheddar cheese, served with golden home-fried potatoes & your choice of toast.

VEGGIE OMELET 9.50

Three eggs, peppers, spinach, sautéed onions & mushrooms, your choice of 1 cheese, american, swiss, provolone or cheddar cheese, served with golden home-fried potatoes & your choice of toast.

CHICKEN WING OMELET 10.50

Three eggs loaded with shredded cheddar cheese, shredded chicken, original wing sauce, celery, bleu cheese, served with golden home-fried potatoes & your choice of toast.

OMELET YOUR WAY 11.00

Customized omelet, choice of four ingredients. Served with home-fried potatoes & your choice of toast. Egg substitute add .49

CHOOSE FROM: Diced Ham • Turkey • Chopped Sausage • Applewood Bacon Pieces • Sautéed Onions • Red Bell Peppers • Tomatoes • Mushrooms • Spinach • Cheddar Cheese • Mozzarella • American • Swiss • Provolone •

TRADITIONAL BREAKFAST

ANCHOR SUNRISE 9.50

Two eggs, your choice of bacon, ham or sausage, served with golden home-fried potatoes and your choice of toast.

ADD 5 WINGS
to any order + 6.95

EGG AND PANCAKE COMBO 14.00

Three eggs cooked any style, two buttermilk pancakes, two strips of Applewood bacon, golden home-fried potatoes, two sausage links, served with your choice of toast.

ANCHOR BREAKFAST WRAP 10.00

Scrambled eggs, your choice of ham, bacon or sausage, cheddar cheese, peppers, sautéed onions & mushrooms in a flour tortilla served with a side of salsa. Served with golden home-fried potatoes.

GRITS YOUR WAY \$8.00

Served with toast and fruit. Toppings add .75 each:

Brown Sugar • Cheese • Sausage • Peppers (Hot or sweet) • Bacon • Add shrimp +2.00

BISCUITS AND SAUSAGE GRAVY \$7.00

2 Buttermilk biscuits smothered in sausage gravy

114 Buffalo Avenue • Niagara Falls, NY 14303

ALL YOU CAN EAT BREAKFAST BUFFET 10.95

Includes coffee or tea. (juice not included)

ADD 5 WINGS
to any order + 6.95

PANCAKES. WAFFLES & FRENCH TOAST

TRADITIONAL PANCAKE PLATTER 10.00

Three buttermilk pancakes, whipped butter, maple syrup.

BERRY PANCAKES 13.00

Three buttermilk pancakes topped with strawberries and blueberries served with confectioner's sugar, whipped butter and maple syrup.

BANANA FOSTER FRENCH TOAST 12.00

Three toasted French bread slices, cinnamon egg batter, topped with Banana Foster, confectioner's sugar, whipped butter and maple syrup.

HOMEMADE WAFFLES 10.00

Homemade waffles, whipped butter, maple syrup

CHICKEN AND WAFFLES 14.00

Homemade waffles with two pieces of fried chicken

ADD 5 WINGS
to any order + 6.95

OUR FAMOUS WINGS

CHICKEN WINGS 11.99

Ten wings prepared with original Anchor Bar sauce (mild, medium, hot or spicy BBQ), served with Anchor Bar Bleu Cheese & celery sticks

SUICIDAL WINGS 12.99

Ten wings prepared with Anchor Bar suicidal sauce, served with Anchor Bar Bleu Cheese & celery sticks

Extra Anchor Bar Bleu Cheese dressing, Extra celery sticks 1.00

Char-Grill your wings +1.00 per order

SAUCES:

MILD - MEDIUM - HOT - SPICY HOT BBQ

SPICY GARLIC PARMESAN - HONEY GARLIC

CHIPOTLE BBQ

RUBS:

ORIGINAL BUFFALO - CAJUN - LEMON PEPPER

JERK - HABANERO SPICE



SIDES

HOME-FRIED POTATOES 3.25 • Add sautéed onions 1.50

HAM, BACON (4 strips) OR SAUSAGE (3 links) 4.00

ADD SEASONAL FRUIT, BAGEL, EGGS, OR TOAST

(white, wheat, rye or English muffin) 3.00

FOR THE KIDS

CHOCOLATE CHIP PANCAKES 6.99

Two buttermilk pancakes, chocolate chips, whipped cream butter and confectioner's sugar

AB LITTLE BIG BREAKFAST 6.99

Two scrambled eggs, one slice of bacon, one sausage link, one buttermilk pancake and golden home-fried potatoes

KIDS OMELET 6.99

Two egg omelet, cheddar cheese, buttered toast

CEREAL WITH MILK 2.99

Ask for today's selection

BEVERAGES

JUICE, MILK, CHOCOLATE MILK 2.99 • COFFEE & DECAF, TEA 1.99

WWW.ANCHORBAR.COM