**THE REAL STORY**

On March 4th, 1964, Dominick Bellissimo was tending bar at the new famous Anchor Bar Restaurant in Buffalo, NY. Late that evening, a group of Dominick’s friends arrived at the bar with ravenous appetites. Dominick asked his mother, Teresa, to prepare something for his friends to eat. They looked like chicken wings, a part of the chicken that usually went into the stock pot for soup.

Teresa had deep fried the wings and flavored them with a secret sauce. The wings were an instant hit and it didn’t take long for people to the bar to experience this new taste sensation. From that evening on, Buffalo Wings became a regular part of the menu at the Anchor Bar.

The phenomenon created in 1964 by Teresa Bellissimo has spread across the globe. Although many have tried to duplicate Buffalo Wings, the closely guarded secret recipe is what makes Frank & Teresa’s the proclaimed “Best Wings in the World.”

**AN EARTHY STORY**

Our wings are made with fresh chicken tenders grilled and coated in your choice of Anchor Bar Rubs. We want our loyal customers to know that we use only unsaturated zero gram trans fat to fry our wings.

**BUFFALO'S BEST- ANCHOR BAR WINGS & WECK**

Five wings tossed in your choice of Anchor Bar Wing Sauce or dry rub alongside Buffalo’s favorite sandwich —

Buffalo’s Original Bleu Cheese and our Original (Medium) Anchor Bar Wing Sauce. Topped with crumbled bleu cheese. Served with boneless wings coated in Original (Medium) Anchor Bar Wing Sauce or dry rub, served with a side of celery and bleu cheese. Served with sour cream. 9.99

**BUFFALO CHICKEN NACHOS**

Multi colored tortilla chips loaded with diced chicken coated in Original (Medium) Anchor Bar Wing Sauce, queso, tomatoes, lettuce, black olives and jalapeno. Served with sour cream. 9.99

**DOUBLE FRIES**

A generous portion of our fries smothered in white sauce and crispy bacon and sour cream (add jalapenos for 99¢ more). 9.99

**RUBS**

- MILD
- MEDIUM
- HOT
- HONEY BOURBON BBQ
- CHIPOTLE BBQ
- TERIYAKI
- SPICY GARLIC PARMESAN
- HONEY GARLIC

**EXTREME HEAVEN IF YOU DARE!**

- Buffalo’s Original Bleu Cheese
- Spicy Garlic Parmesan
- Honey Garlic
- Sweet Chili

**SPECIALS**

- Grilled salmon glazed with teriyaki. Served with two meatballs 12oz NY strip steak lightly seasoned and grilled to your liking. Served with warm wedge salad.
- Grilled pickles made from fresh pickles 1.99
- 5-WINGS 1.99
- Add 3 Meatballs 4.99

**APPETIZERS**

**BUFFALO RIBS**

Mouthwatering pork ribs served over mixed greens, tomatoes, red onion, parmesan and mozzarella cheese. Served with our Original (Medium) Anchor Bar Wing Sauce. Topped with crumbled bleu cheese. 19.99

**BUFFALO CHICKEN WING PIZZA**

Diced chicken breast tossed in our Original (Medium) Anchor Bar Wing Sauce topped with monterrey and crumbled bleu cheese. Served with a side of ranch. 8.99

**PIZZA LOGS**

Made in house egg roll wraps stuffed with monterrey cheese and pepperoni. Served with a side of pizza sauce. 3pc for 7.99 or 5pc for 10.99

**SAMPLER PLATTER**

Choose 3 of the following items to customize your own platter. 4oz Logo, Mozzarella Stix, Fried Pickles, Loaded Fries. 15.99

**ONION RINGS**

Deep fried onion rings, served with a cucumber ranch sauce. 8.99

**WINGS THAT FLY**

We keep our wings all over the menu so there’s no need to add them to any sub order. Ask your server for more information.
**BURGERS**

**Charbroiled 8oz. FRESH Angus Beef patty. Served with French fries and a pickle spear.**

Add caramelized onions for +$0.99 | Add bacon for +$1.50

Gluten Free Rolls Available! For +$0.99

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**THE AMERICAN**  Our fresh Angus beef patty char grilled and topped with American cheese, lettuce, tomato and red onion on a fresh kaiser roll.  12.99

**BUFFALO WING BURGER**  Our fresh Angus beef patty char grilled and topped with our Original (Medium) Anchor Bar Wing Sauce. Topped with a World Famous Chicken Wing, crumbled bleu cheese, lettuce, tomato and red onion on a fresh kaiser roll.  13.99

**VEGETARIAN BURGER**  Beyond Burger char grilled and topped with lettuce, tomato and red onion on a fresh kaiser roll.  Served with a side salad.  12.99

**BUFFALO WING BURGER**  Our fresh Angus beef patty char grilled and topped with our Original (Medium) Anchor Bar Wing Sauce, crumbled bleu cheese, lettuce, tomato and red onion on a fresh kaiser roll.  13.99

**TURKEY BURGER**  A lean seasoned turkey burger char grilled and topped with lettuce, tomato and red onion on a fresh kaiser roll.  13.99  **Add cheese for +$0.99**

**BACON BLEU BURGER**  Our fresh Angus beef patty char grilled and topped with caramelized onions, crispy bacon, crumbled bleu cheese, lettuce, tomato and red onion on a fresh kaiser roll.  13.99

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**SIDE ORDERS**  3.99 each

- **SIDE SALAD**  • FRENCH FRIES • SWEET POTATO FRIES • WAFFLE FRIES • MAC & CHEESE • COLE SLAW
- **FRESH SEASONAL VEGGIES**  • French fries can be seasoned with your choice of our signature dry rubs for +$0.99

**YOUR CHOICE FOR $5.99**

- **ANCHOR BAR CHICKEN FINGERS & FRIES**  (2pc)  Served plain or tossed with your choice of Anchor Bar Wing Sauce and bleu cheese.
- **CHICKEN WINGS**  (3pcs)  Served plain or tossed with your choice of Anchor Bar Wing Sauce and bleu cheese.
- **PIZZA LOGS & FRIES**  (2pcs)  Served with a side of pizza sauce.
- **PIZZA**  • Fresh mozzarella cheese and pepperoni.
- **SPAGHETTI**  • Served in our homemade pasta sauce.
- **MAC & CHEESE**  • Pasta smothered in a creamy cheese sauce.
- **GRILLED CHEESE & FRIES**  • Grilled Texas Toast with American cheese.

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**ADD 5 WINGS**

to any order + $6.99

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**SANDWICHES & WRAPS**

**BUFFALO CHICKEN WRAP**  Breaded chicken strips with our Original (Medium) Anchor Bar Wing Sauce, crumbled bleu cheese and lettuce wrapped in a flour tortilla.  11.99

**GRILLED CHICKEN SANDWICH**  Juicy chicken breast grilled and topped with lettuce, tomato and red onion on a fresh kaiser roll.  11.99  **Add your choice of cheese for +$0.99**

**CHICKEN PHILLY**  Chicken breast grilled with mushrooms and caramelized onions. Broiled in provolone cheese and served on a baked hoagie roll.  12.99

**BUFFALO CHICKEN WRAP**  Breaded chicken strips with our Original (Medium) Anchor Bar Wing Sauce and bleu cheese wrapped in a flour tortilla.  11.99

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**ADD 5 WINGS**

to any order + $6.99

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**GRILLED STEAK SANDWICH**  6oz. NY strip steak with provolone cheese served on a baked hoagie roll.  12.99  **Add mushrooms, onions or crumbled bleu cheese for +$0.99 each**

**BLT**  Crispy Texas Toast piled high with bacon and topped with lettuce, tomato and mayo.  8.99

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**SIDE ORDERS**  3.99 each

**ANCHOR BAR CHICKEN FINGERS & FRIES**  (2pcs)  Served plain or tossed with your choice of Anchor Bar Wing Sauce and bleu cheese.

**CHICKEN WINGS**  (3pcs)  Served plain or tossed with your choice of Anchor Bar Wing Sauce and bleu cheese.

**PIZZA LOGS & FRIES**  (2pcs)  Served with a side of pizza sauce.

**PIZZA**  • Fresh mozzarella cheese and pepperoni.

**SPAGHETTI**  • Served in our homemade pasta sauce.

**MAC & CHEESE**  • Pasta smothered in a creamy cheese sauce.

**GRILLED CHEESE & FRIES**  • Grilled Texas Toast with American cheese.

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**ASK FOR OUR PARTY PACK MENU!**

**VISIT OUR OTHER LOCATIONS**

**BUFFALO**  5605 Spectrum Drive  |  Frederick, MD 21703  |  Phone (240) 651-5580

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**FRANK & TERESA**

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**WWW.ANCHORBAR.COM**