

"THE REAL STORY"



On March 4th, 1964, Dominic Bellissimo was tending bar at the now famous Anchor Bar Restaurant in Buffalo, NY. Late that evening, a group of Dominic's friends arrived at the bar with ravenous appetites. Dominic 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 flock 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."

"THE ONLY WAY TO WING IT!"

Authentic Buffalo-style chicken wings- the original 1964 Anchor Bar recipe

Frank & Teresa's

ANCHOR BAR®

• BUFFALO ORIGINALS •

ANCHOR BAR'S WORLD FAMOUS WINGS

All of our World Famous Wing orders are served with traditional celery and bleu cheese, just like Mother served us that famous night in 1964.

We want our loyal customers to know that we use only unsaturated zero gram trans fat to fry our wings.

TRADITIONAL WINGS (GF)

Single (10pc) **\$13.99**

Double (20pc) **\$24.99**

Bucket (50pc) **\$52.99**



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 — juicy roast beef piled high on a freshly baked kimmelweck roll. Served with french fries. 15.99

GRILLED TENDERS (GF)

Fresh chicken tenders grilled and coated in your choice of Anchor Bar Rubs. Served with french fries and bleu cheese. 12.99

SAUCES

**MILD - MEDIUM - HOT - X-HOT - SPICY HOT BBQ
HONEY BOURBON BBQ - CHIPOTLE BBQ - TERIYAKI
SPICY GARLIC PARMESAN - HONEY GARLIC - SWEET CHILI
EXTREME HEAT IF YOU DARE!**

RUBS

**CAJUN - JERK - HABANERO SPICE - OLD BAY
ORIGINAL BUFFALO - LEMON PEPPER
All flats/All drums +.99 Per 10 Wings
Char-Grill your wings +.99
Bleu Cheese +.59**

Ask your server for gluten free sauce options.



ANCHOR BAR SIGNATURE ITEMS 18% GRATUITY ADDED TO CHECK FOR PARTIES OF 8 OR MORE

WINGS THAT FLY

WE SHIP our wings all over the country!
Ask your server for more information
www.anchorbar.com

APPETIZERS

KEY CRAB DIP Made in house with fresh crabmeat blended with cream cheese and baked til bubbly. Served with Naan bread. 12.99
Add waffle fries +1.99

CHESAPEAKE SHRIMP A generous portion of shrimp cooked with Old Bay and Labatt Blue. 13.99

BUFFALO SHRIMP (GF) Grilled shrimp tossed in Original (Medium) Anchor Bar Wing Sauce served with a side of celery and bleu cheese. 13.99

FRIED CALAMARI Crispy golden fried calamari served with marinara sauce. 11.99

QUESO (GF) Mouthwatering queso served with multi colored tortilla chips. 6.49

ANCHOR BAR DIP (GF)
Velvety blend of cream cheese, Anchor Bar's Original Bleu Cheese and our Original (Medium) Anchor Bar Sauce with chunks of chicken. Served warm with multi colored tortilla chips 10.99

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

LOADED FRIES (GF) A generous portion of our fries smothered in white queso and topped with crispy bacon and sour cream (add jalapenos for .50¢ more). 9.99

FRIED PICKLES Large, juicy, dill pickles fried golden and served with a side of ranch. 8.99

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

MOZZARELLA STIX (6pc) Breaded and fried gooey mozzarella stix, served with a side of marinara. 9.99

SAMPLER PLATTER Choose 3 of the following items to customize your own platter - Pizza Logs, Mozzarella Stix, Fried Pickles, Loaded Fries. 15.99

ONION RINGS Deep fried onion rings, served with a cayenne ranch sauce. 8.99

SALAD

CHOICE OF DRESSINGS: House Italian • Ranch • Light Ranch • Caesar • Creamy Peppercorn

Bleu Cheese • Raspberry Vinaigrette • Honey Mustard • Balsamic Vinaigrette | Sub Shrimp to any salad 1.99 • Sub Salmon 4.99

BLACK & BLEU SALAD (GF) Mixed greens tossed with tomatoes, red onion and cucumbers topped with a 6oz NY strip steak and crumbled bleu cheese. 15.99

SPINACH SALAD (GF) Fresh spinach served with chopped bacon, tomatoes, dried cranberries and crumbled egg, topped with grilled chicken dressed with balsamic vinaigrette. 12.99

WEDGE SALAD (GF) Crisp iceberg wedge with tomatoes, cucumbers, warm bacon crumbles and crumbled bleu cheese with bleu cheese dressing. 9.99

STRAWBERRY PECAN Mixed greens topped with fresh strawberries, pecans, and goat cheese, topped with grilled chicken served with raspberry vinaigrette dressing. 13.99

CAESAR SALAD Crisp romaine lettuce with croutons and parmesan cheese, topped with grilled chicken tossed in a creamy caesar dressing. 9.99

BUFFALO CHICKEN SALAD
Crispy or grilled chicken strips tossed with Original (Medium) Anchor Bar Wing Sauce served over mixed greens, cucumbers, tomatoes and crumbled bleu cheese. 14.99

ENTREES

All entrees served with a side salad. Olive oil and garlic can be substituted for any sauce option.

SPAGHETTI Served with two meatballs topped with our delicious homemade sauce 11.99 **Add 3 Meatballs for +3.99**

CHICKEN PARMESAN Tender chicken breast lightly breaded and fried. Topped with our homemade sauce and smothered in mozzarella cheese. Served with your choice of pasta. 16.99

FETTUCINI ALFREDO Creamy white sauce with parmesan cheese topped with grilled Cajun chicken. 13.99

Sub Shrimp 1.99 • Sub Salmon 4.99

TERIYAKI GLAZED SALMON
Grilled salmon glazed with teriyaki. Served with choice of side. 19.99

FISH N' CHIPS Our hand battered haddock served with tartar sauce and french fries. 14.99

STRIP STEAK DINNER (GF)
12oz NY strip steak lightly seasoned and grilled to your liking. Served with choice of side. 24.99
Add mushrooms, onions or crumbled bleu cheese for +.99 each

BUFFALO CHICKEN MAC & CHEESE
Heaping portion of our gooey mac and cheese topped with boneless wings coated with our Original (Medium) Anchor Bar Wing Sauce. Topped with crumbled bleu cheese and green onions. 11.99

BBQ RIBS Mouthwatering pork ribs served with french fries.
Full rack 24.99 Half rack 14.99

ADD 5 WINGS
to any order + 6.99

TRADITIONAL ANCHOR BAR STYLE!

Onions • Sausage • Pepperoni (Cup & Char) • Bacon • Mushrooms • Black Olives • Hot or Banana Peppers

CHEESE PIZZA sm 12.99 | lg 15.99

CRAB PIZZA Special house blend of cheeses and spices topped with crabmeat, sundried tomatoes sm \$15.99 | lg \$18.99

Gluten Free Pizza Dough Available!

WHITE PIZZA Olive oil, garlic, tomatoes, onions, parmesan and mozzarella cheese. sm 12.99 | lg 15.99

ALL MEAT PIZZA Sausage, bacon, pepperoni and mozzarella cheese. sm 15.99 | lg 18.99

PIZZA ADDITIONAL TOPPINGS - sm \$1.99 | lg \$2.99

BUFFALO CHICKEN WING PIZZA
Diced chicken breast tossed in our Original (Medium) Anchor Bar Wing Sauce topped with mozzarella and crumbled bleu cheese. sm 14.99 | lg 17.99

BURGERS

ADD 5 WINGS
to any order + 6.99

Charbroiled 8oz. FRESH Angus Beef patty. Served with french fries and a pickle spear.
Add caramelized onions for +.99 | Add bacon for +1.50
Gluten Free Rolls Available! For +.99

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 smothered in 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

BBQ BACON BURGER Our fresh Angus beef patty char grilled and topped with cheddar cheese, Anchor Bar's Spicy Hot BBQ Sauce, crisp bacon, 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 +.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

SANDWICHES & WRAPS

Served with french fries and a pickle spear.
Gluten Free Wraps Available! For +.99

ADD 5 WINGS
to any order + 6.99

ROAST BEEF ON WECK Slow roasted, thinly sliced roast beef piled high and served on a freshly baked kimmelweck roll. 12.99

BUFFALO CHICKEN SANDWICH Fried chicken breast tossed in Original (Medium) Anchor Bar Wing Sauce topped with lettuce, tomato and red onion. Served with bleu cheese dressing on a kaiser roll. 12.99

CHICKEN CAESAR WRAP Tender grilled chicken strips with crisp romaine lettuce, parmesan cheese and creamy caesar dressing wrapped in a flour tortilla. 11.99

MEATBALL HOAGIE Perfectly seasoned hearty meatballs covered with our own homemade sauce and smothered in melted mozzarella cheese served on a baked hoagie roll. 11.99

SHRIMP WRAP Our grilled shrimp with lettuce, tomato and shredded cheddar jack cheese wrapped in a flour tortilla. 12.99

HOT DOGS Sahlen's hot dogs are here! Two char grilled Sahlen's hot dogs served with french fries. **NEED PRICE**
Add Chili for +.99

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 +.99**

CHICKEN PHILLY Chicken breast grilled with mushrooms and caramelized onions. Smothered in provolone cheese and served on a baked hoagie roll. 12.99
Make it Buffalo Style with our Original (Medium) Anchor Bar Wing Sauce!
Add crumbled bleu cheese for +.99

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 +.99 each

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

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 +.99

YOUR CHOICE FOR 6.99

KIDS

INCLUDES SOFT DRINK

KIDS 12 YEARS & UNDER

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

CHICKEN WINGS **GF** (4pc) Served plain or tossed with your choice of Anchor Bar Wing Sauce with bleu cheese and celery.

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

PIZZA 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.

ASK FOR OUR PARTY PACK MENU!

VISIT OUR OTHER LOCATIONS

BUFFALO

1047 Main Street
Buffalo, NY 14209
- ORIGINAL LOCATION -

BUFFALO-NIAGARA INT'L. AIRPORT

4200 Genesee Street
Buffalo, NY
- LOCATED AFTER SECURITY CHECKPOINT -

WILLIAMSVILLE

6635 Transit Road
Williamsville, NY 14221

AMHERST

4300 Maple Road
Amherst, NY 14226

NIAGARA FALLS

114 Buffalo Ave.
Niagara Falls, NY 14303

DARIEN LAKE

Darien Center, NY 14040
-SEASONAL-

NEW YORK CITY

327 W. 57th St.
New York, NY 10019

ROCHESTER HILLS

2945 S Rochester Rd.
Rochester Hills MI 48307

SAN ANTONIO, TX

4553 N. Loop 1604 W.
San Antonio, TX 78249

SCHERTZ, TX

3900 FM 3009
Schertz, TX 78154

HAMILTON

2 King Street West
Hamilton, Ontario Canada

BURLINGTON

2000 Appleby Line
Burlington, Ontario Canada

TORONTO

636 Dixon Road
Etobicoke, ON
M9W 1J1 Canada

WATERLOO

75 King St. S. Waterloo, ON
N2J 1P2 Canada

Frank & Teressa's

ANCHOR BAR®

• ESTABLISHED 1935 BUFFALO, NY •



FREDERICK, MARYLAND

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WWW.ANCHORBAR.COM