

Frank & Teressa's

# ANCHOR BAR

• ESTABLISHED 1935 BUFFALO, NY •

## BREAKFAST MENU

### ENTREES

#### CHICKEN AND WAFFLES 11.99

Homemade waffle with two house breaded chicken tenders tossed in your choice of sauce. Served with butter, maple syrup and powdered sugar.

#### WINGS AND WAFFLES 12.99

Homemade waffle with five traditional or boneless wings tossed in your choice of sauce. Served with butter, maple syrup and powdered sugar.

#### WAFFLES 9.99

Two homemade waffles served with butter, maple syrup and powdered sugar. Add strawberries or blueberries for +.99¢

#### PANCAKES 9.99 for 3 or 11.99 for 5

Pancakes served with butter and maple syrup. Add blueberries or chocolate chips for +.99¢

#### FRENCH TOAST 9.99

Two thick slices of egg battered Texas toast. Served with butter, maple syrup and powdered sugar.

#### BISCUIT PLATTER 9.99

Freshly baked biscuits topped with your choice of sausage gravy or chipped beef. Served with two eggs any style.

#### BREAKFAST SANDWICH 9.99

Fried egg and Canadian bacon topped with American cheese on your choice of Texas toast or Kaiser roll. Served with home fries. Add sautéed onions +.49¢

#### STEAK AND EGGS 17.99

Six oz. steak served with two eggs any style, home fries and toast.

#### TERESSA'S PLATTER 10.99

Two eggs any style, your choice of meat, home fries and toast.

#### FRANKS PLATTER 12.99

Your choice of waffles, pancakes or French toast and your choice of breakfast meat. Served with two eggs any style, home fries and toast.

#### BUILD YOUR OWN OMELET 11.99

Three egg omelet with your choice of up to four ingredients, served with home fries and toast.

**CHOOSE FROM:** Cheeses • Ham • Bacon (Regular or Canadian) • Sausage  
• Onions • Mushrooms • Green Peppers • Spinach • Tomatoes

## SKILLETS

**All skillets are served with home fries and two scrambled eggs then served sizzling hot in a cast iron skillet**

#### THE BUFFALO 10.99

Grilled chicken, diced and tossed in our Original (Medium) Sauce with blue cheese.

#### THE VEGETABLE 9.99

Sautéed spinach, mushrooms, tomatoes, green peppers and onions with provolone cheese.

#### THE OINK 11.99

Bacon, sausage, ham, green peppers and onions with cheddar cheese.



**WHILE WE OFFER GLUTEN FREE MENU OPTIONS, WE ARE NOT A GLUTEN FREE KITCHEN. CROSS-CONTAMINATION COULD OCCUR AND OUR RESTAURANT IS UNABLE TO GUARANTEE THAT ANY ITEM CAN BE COMPLETELY FREE OF ALLERGENS.**

**CONSUMING RAW OR UNDERCOOKED ANIMAL FOODS MAY INCREASE YOUR RISK OF CONTRACTING**

**A FOOD BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.**



## SIDES

**TWO EGGS ANY STYLE** 2.99

**TEXAS TOAST** 2.99

**BREAKFAST MEAT** 3.99

Bacon (four strips), Sausage Links (three links), Canadian Bacon

**HOME-FRIED POTATOES** 2.99

Add sautéed onions +.49¢

## WINGS & WECK



**CHICKEN WINGS** 13.99

Ten of our World Famous Wings, served with celery and blue cheese. Your choice of traditional or boneless wings.

**Extra Bleu Cheese, ranch or celery +59¢**

**SAUCES:**

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

**RUBS:**

**ORIGINAL BUFFALO - CAJUN - LEMON PEPPER  
JERK - HABANERO SPICE - OLD BAY RUB**

**BEEF ON WECK** 12.99

Slow roasted, thinly sliced roast beef piled high and served on a freshly baked kimmelweck roll with French Fries.



## FOR THE KIDS

**CHOCOLATE CHIP PANCAKES** 6.99

Two chocolate chip pancakes served with butter and syrup.

**FRENCH TOAST** 6.99

One thick slice of egg battered Texas toast. Served with butter, maple syrup and powdered sugar.

**AB LITTLE BIG BREAKFAST** 6.99

Your choice of one pancake or French toast served with one scrambled egg, one slice of bacon, one sausage link and home fries.

**KIDS OMELET** 6.99

Two egg omelet with cheddar cheese and toast.

**CEREAL WITH MILK** 2.99

Ask for today's selection.

## BEVERAGES

**JUICE, MILK, CHOCOLATE MILK** 2.99 • **COFFEE, TEA** 1.99

**MIMOSA** 8.00 • **BLOODY MARY** 10.00

18% GRATUITY ADDED TO CHECK FOR PARTIES OF 8 OR MORE