

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 sasauge 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