

## “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, Teressa, 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.

Teressa 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 Teressa Bellissimo has spread across the globe. Although many have tried to duplicate Buffalo Wings, the closely guarded secret recipe is what makes Frank & Teressa'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 & Teressa's

# ANCHOR<sup>®</sup> 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 <sup>GF</sup>

Single (10pc) **\$12.99** • Double (20pc) **\$21.99**

Bucket (50pc) **\$47.99**

#### SAUCES:

**MILD - MEDIUM - HOT - SPICY HOT BBQ  
SPICY GARLIC PARMESAN - HONEY GARLIC  
CHIPOTLE BBQ - SUICIDAL IF YOU DARE!**

#### RUBS:

**ORIGINAL BUFFALO - CAJUN - LEMON PEPPER  
JERK - HABANERO SPICE**

#### ANCHOR BAR BITES - The True Boneless Wing

Juicy chicken breast chunks, breaded and cooked until golden brown, tossed with your choice of sauce and served with Anchor chips and bleu cheese 14.99

#### ANCHOR BAR CHICKEN TENDERS

Fresh chicken tenders breaded in house and fried til golden brown. Tossed in your choice of Anchor Bar Wing Sauce or dry rub, served with your choice of french fries, coleslaw or potato salad 14.99

#### GRILLED TENDERS <sup>GF</sup>

Fresh chicken tenders grilled and coated in your choice of Anchor Bar Rubs served with your choice of french fries, coleslaw or potato salad 13.99

#### BUFFALO'S BEST ANCHOR BAR WINGS & WECK

Five wings tossed in your choice of Original Anchor Bar Wing Sauce alongside Buffalo's favorite sandwich—juicy roast beef piled high on a freshly baked kimmelweck roll 14.99



Home of the ORIGINAL and BEST  
Buffalo Wings since 1964

Extra Hot Sauce, Bleu Cheese or Celery +.75

Char-Grill your wings

+1.00 single, +2.00 double, +4.00 bucket

### WINGS THAT FLY

WE SHIP our wings all over the country!  
Ask your server for more information  
[www.anchorbar.com](http://www.anchorbar.com)

## APPETIZERS

**FRIED PICKLES** Golden fried, large juicy dill pickles, served with a side of ranch 9.99

**MOZZARELLA STIX** (6pc) Breaded and deep fried gooey mozzarella sticks, served with a side of marinara 9.99

#### MAC & CHEESE BITES

Goopy deep fried mac and cheese 7.99  
Make them Buffalo Style 8.99

#### SAMPLER PLATTER

Choose 3 of the following items to customize your own platter - Pizza Logs, Onion Rings, Mozzarella Stix, Deep Fried Pickles, Mac & Cheese Bites, Loaded Fries, Queso Dip and chips 15.99

#### ANCHOR BAR DIP <sup>GF</sup>

**Velvety blend of cream cheese, Anchor Bar's Original Bleu Cheese and our Original Anchor Bar sauce with chunks of chicken. Served with tortilla chips or bar chips 11.99**

#### PIZZA LOGS

(6pc) Pizza dough stuffed with mozzarella cheese and pepperoni, served with a side of pizza sauce 10.99

#### GARLIC BREAD

Toasted, crispy roll topped with garlic, butter and mozzarella cheese baked to perfection 7.99

#### QUESO <sup>GF</sup>

Mouthwatering queso served with multi colored tortilla chips. 6.99

**BUFFALO SHRIMP <sup>GF</sup>** Tossed in Medium Anchor Bar Sauce and served with a side of bleu cheese 10.99

#### BUFFALO CHICKEN NACHOS <sup>GF</sup>

Multi colored tortilla chips loaded with diced chicken coated in Anchor Bar Wing Sauce, melted cheese, tomatoes, lettuce, black olives and hot peppers, served with sour cream 12.99

#### FRIED CALAMARI

Crispy golden fried calamari served with marinara sauce 11.99

#### LOADED FRIES <sup>GF</sup>

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

## SOUP & SALAD

### ADD GRILLED CHICKEN

to any salad + 3.99

#### STRAWBERRY PECAN SALAD

Fresh field greens tossed with dried cranberries, goat cheese, candied pecans served with fresh strawberries and dressed with raspberry vinaigrette 11.99

#### BLACK & BLEU SALAD <sup>GF</sup>

Mixed greens tossed with tomatoes, cucumbers, and carrots, topped with Angus Strip Steak and crumbly bleu cheese 13.99

#### CHOICE OF DRESSINGS

House Italian • Ranch • Light Ranch • Caesar • Creamy Peppercorn  
Raspberry Vinaigrette • Bleu Cheese • Balsamic Vinaigrette

#### SPINACH SALAD <sup>GF</sup>

Green spinach served with chopped bacon, dried cranberries and crumbled egg, dressed with balsamic vinaigrette 9.99

#### WEDGE SALAD <sup>GF</sup>

Crisp iceberg wedge, diced tomatoes and cucumbers served with warm bacon and bleu cheese dressing 9.99

#### CAESAR SALAD

Crisp romaine lettuce topped with tomatoes, croutons and parmesan cheese tossed in a creamy Caesar dressing 9.99

#### BUFFALO CHICKEN SALAD

Crispy or grilled chicken strips tossed with your choice of Original Anchor Bar sauce, over mixed greens, cucumbers, tomatoes, blue cheese crumbles 12.99

#### JULIENNE SALAD

Mixed greens with ham, turkey, cheese, cherry tomatoes and a hard boiled egg 12.99

**ORIGINAL ANCHOR BAR  
SPICY HOT CHICKEN WING SOUP**

bowl 6.00 | cup 5.00

## ENTREES

- All Pasta dishes are served with a side salad and bread & butter -

#### SPAGHETTI or RIGATONI

Served in our delicious homemade sauce 11.99

Add a Meatball +2.00

#### BUFFALO CHICKEN MAC & CHEESE

Heaping portion of our gooey mac and cheese topped with Anchor Bites coated with the famous Anchor Bar Wing Sauce. Topped with bleu cheese crumbles and green onions 12.99

#### CHICKEN PARMESAN

Lightly breaded tender chicken breast, deep fried, topped with our own special recipe pasta sauce, smothered with cheese on top of a mound of pasta 14.99

#### FETTUCINI ALFREDO

Creamy white sauce with parmesan cheese 11.99

Add Grilled Chicken or shrimp +3.99

#### SHRIMP DINNER

Deep fried breaded shrimp tossed in Medium Anchor Bar sauce, served with french fries and your choice of potato salad or coleslaw 14.99

#### FISH FRY

Our 11oz breaded Haddock served with french fries, your choice of potato salad or coleslaw and tartar sauce 14.99

**ADD 5 WINGS**  
to any order + 6.95

### TRADITIONAL ANCHOR BAR STYLE!

Onions • Sausage • Pepperoni • Bacon • Mushrooms • Green or Black Olives • Green, Hot or Banana Peppers

**CHEESE** sm 12.99 | lg 14.99

#### WHITE PIZZA

Olive oil, chopped onion, tomato, parmesan and mozzarella cheese sm 14.99 | lg 16.99

Gluten Free Pizza Dough Available!

#### BUFFALO CHICKEN WING PIZZA

Diced chicken breast tossed in our Original (Medium) Anchor Bar Wing Sauce topped with mozzarella and bleu cheese. sm 16.99 | lg 18.99

#### ALL MEAT PIZZA

Sausage, bacon, pepperoni, and mozzarella cheese sm 16.99 | lg 18.99

**ADD 5 WINGS**  
to any order + 6.95

- ASK FOR OUR GLUTEN FREE OPTIONS -

18% GRATUITY ADDED TO CHECK FOR PARTIES OF 6 OR MORE



## BURGERS

**ADD 5 WINGS**  
to any order + 6.95

**- Charbroiled 8oz. FRESH Angus Beef patty, served with french fries and a pickle spear -**  
**Gluten Free Bread Available! For +.99**

**THE AMERICAN** Your classic burger topped with American cheese, lettuce, tomato and red onion on our fresh baked kaiser roll 11.99

**BUFFALO WING BURGER** Our fresh Angus beef patty, smothered with Original Anchor Bar Wing Sauce, served with bleu cheese and topped with a World Famous Chicken Wing! on our fresh baked kaiser roll 12.99

**PATTY MELT** Burger smothered in American cheese and caramelized onions on buttery texas toast 11.99

**BBQ BACON BURGER** Fresh thick and juicy burger flavored with Anchor Bar's Spicy BBQ Sauce, topped with crisp bacon, lettuce, tomato and red onion on our fresh baked kaiser roll 13.99

**TURKEY BURGER** (8 oz) A lean seasoned turkey burger charbroiled to perfection, topped with lettuce, tomato and red onion on our fresh baked kaiser roll 11.99  
• **Add Cheese** + 1.00

**BACON BLEU BURGER** Our Angus Beef patty, charbroiled and topped with crispy bacon, caramelized onion, crumbly bleu cheese, lettuce, and tomato on our fresh baked kaiser roll 12.99

## SANDWICHES & WRAPS

**- Served with french fries and a pickle spear -**

**ROAST BEEF ON WECK** Slow roasted roast beef piled high and served on freshly baked kimmelweck roll 11.99

**BUFFALO CHICKEN SANDWICH** Deep fried chicken breast tossed in Original Anchor Bar Medium Wing Sauce and served with bleu cheese dressing on our fresh baked kaiser roll 11.99

**CHICKEN CAESAR WRAP** Tender grilled chicken strips with crisp romaine lettuce and shredded cheese tossed in a creamy Caesar dressing, wrapped in a flour tortilla 11.99

**CHICKEN PHILLY SANDWICH** Boneless chicken breast chopped, grilled and basted in our Original (Medium) Anchor Bar Sauce with mushrooms, caramelized onions and smothered in hot, queso on a baked hoagie roll 12.99  
• **Add bleu cheese crumbles for** + .99

**GRILLED STEAK SANDWICH** (7oz)  
With provolone cheese on ½ sub roll 13.99

**BUFFALO CHICKEN WRAP** Breaded chicken strips with our Original Anchor Bar Sauce, shredded cheese, bleu cheese, lettuce, and tomato wrapped in a flour tortilla 11.99

**GRILLED TUNA MELT** Solid white albacore tuna salad, aged swiss cheese, crispy bacon strips, grilled on white or wheat bread 10.99

**CLUB SANDWICH** Crispy bacon, fresh turkey, lettuce, tomato and mayonnaise, served on white or wheat bread 12.99

**GRILLED CHICKEN BREAST** Juicy chicken breast grilled and smothered with your favorite Anchor Bar Sauce on a soft roll 10.99

**MEATBALL SANDWICH** Perfectly seasoned hearty meatballs covered with sauce and mozzarella cheese on a soft roll 11.99

## SIDE ORDERS 3.99 each

**SIDE SALAD • FRENCH FRIES • ANCHOR BAR CHIPS • COLESLAW**  
**ANCHOR BAR WEDGES • POTATO SALAD • SIDE PASTA • SWEET POTATO FRIES**

**KIDS 12 YEARS & UNDER**

## KIDS

**YOUR CHOICE FOR 6.99 • INCLUDES SOFT DRINK**

**CHICKEN WINGS** (GF) (4pc) Served with bleu cheese and celery  
**CHICKEN FINGERS & FRIES** (2pc) With bleu cheese dip  
**GRILLED CHEESE** Served with fries

**PIZZA** Cheese or Pepperoni  
**SPAGHETTI** Served in traditional pasta sauce  
**PIZZA LOGS** (3pc) Served with a side of pizza sauce

## ASK FOR OUR PARTY PACK MENU!

**VISIT OUR OTHER LOCATIONS**

<b>BUFFALO</b> 1047 Main Street Buffalo, NY 14209 - ORIGINAL LOCATION -	<b>BUFFALO-NIAGARA INT'L. AIRPORT</b> 4200 Genesee Street Buffalo, NY - LOCATED AFTER SECURITY CHECKPOINT -	<b>WILLIAMSVILLE</b> 6635 Transit Road Williamsville, NY 14221	<b>AMHERST</b> 4300 Maple Road Amherst, NY 14226	<b>NIAGARA FALLS</b> 114 Buffalo Ave. Niagara Falls, NY 14303	<b>DARIEN LAKE</b> Darien Center, NY 14040 -SEASONAL-	<b>NEW YORK CITY</b> 327 W. 57th St. New York, NY 10019
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<b>ROCHESTER HILLS</b> 2945 S Rochester Rd. Rochester Hills MI 48307	<b>SAN ANTONIO, TX</b> 4553 N. Loop 1604 W. San Antonio, TX 78249	<b>HAMILTON</b> 2 King Street West Hamilton, Ontario Canada	<b>SCHERTZ, TX</b> 3900 FM 3009 Schertz, TX 78154	<b>BURLINGTON</b> 2000 Appleby Line Burlington, Ontario Canada	<b>TORONTO</b> 636 Dixon Road Etobicoke, ON M9W 1J1 Canada
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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.

# Frank & Teressa's ANCHOR BAR

• ESTABLISHED 1935 BUFFALO, NY •



# NIAGARA FALLS

114 Buffalo Avenue • Niagara Falls, NY 14303 (Located inside the Holiday Inn)

[WWW.ANCHORBAR.COM](http://WWW.ANCHORBAR.COM)