

Frank & Teressa'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) **\$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**

Extra Hot Sauce, Bleu Cheese or Celery +.75

Char-Grill your wings

+1.00 single, +2.00 double, +4.00 bucket

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 (GF) 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

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

Gooey 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 (GF) **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 (GF) Mouthwatering queso served with multi colored tortilla chips. 6.99

BUFFALO SHRIMP (GF) Tossed in Medium Anchor Bar Sauce and served with a side of bleu cheese 10.99

BUFFALO CHICKEN NACHOS (GF) 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 (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

SOUP & SALAD

CHOICE OF DRESSINGS

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

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

(GF)

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

SPINACH SALAD (GF) Green spinach served with chopped bacon, dried cranberries and crumbled egg, dressed with balsamic vinaigrette 9.99

WEDGE SALAD (GF) 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

FETTUCCINI 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

ADDITIONAL TOPPINGS sm \$1.25 | lg \$1.75

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

(GF) 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. (GF)

BURGERS

**- 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 13.99

KIDS

KIDS 12 YEARS & UNDER

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

SIDE ORDERS

3.99 each

SIDE SALAD • FRENCH FRIES

ANCHOR BAR CHIPS • COLESLAW

ANCHOR BAR WEDGES • POTATO SALAD

SIDE PASTA • SWEET POTATO FRIES

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

ADD 5 WINGS
to any order + 6.95

GLUTEN FREE OPTIONS AVAILABLE

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

WWW.ANCHORBAR.COM

114 Buffalo Ave. • (716) 285-2521

NIAGARA FALLS

Frank & Teressa's
**ANCHOR[®]
BAR**

• ESTABLISHED 1935 BUFFALO, NY •



"THE ONLY WAY TO WING IT!"
Authentic Buffalo-style chicken wings-
the original 1964 Anchor Bar recipe

(716) 371-0234

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