

"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



WINGS THAT FLY

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

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) **\$12.99**

Double (20pc) **\$21.99**

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



MEATLESS WINGS

Plant based wings are our meatless version of the Original Chicken Wing shaken in your choice of our meatless sauce selections 13.99

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 and a pickle spear. 15.99

SAUCES

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

*Ask your server for gluten friendly sauce options.



ANCHOR BAR SIGNATURE ITEMS 18% GRATUITY ADDED TO CHECK FOR PARTIES OF 6 OR MORE

BONELESS WINGS

Fresh hand cut and breaded

Single (10pc) **\$12.99**

Double (20pc) **\$21.99**

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



ANCHOR BAR CHICKEN TENDERS

Fresh chicken tenders breaded in house and fried until golden brown. Tossed in your choice of Anchor Bar Wing Sauce or dry rub, served with french fries and bleu cheese. 12.99



GRILLED TENDERS * ^{GF}

Fresh chicken tenders grilled and coated in your choice of Anchor Bar Sauce or Rubs. Served with french fries and bleu cheese. 11.99

RUBS

CAJUN - JERK - HABANERO RANCH
ORIGINAL BUFFALO - BUFFALO RANCH
All flats/All drums +.99 per 10 wings
Char-grill your wings +.99 per 10 wings
Extra Ranch or Blue Cheese +.59

APPETIZERS

CAULIFLOWER WING BITES

Cauliflower breaded and deep fried until golden brown. Served plain or tossed in your favorite Anchor Bar Sauce flavor. 8.99

GARLIC BREAD Toasted, crispy roll topped with garlic butter and baked to perfection smothered in fresh mozzarella cheese. 6.99

BUFFALO SHRIMP Deep fried breaded shrimp tossed in Original (Medium) Anchor Bar Wing Sauce served with a side of celery and bleu cheese. 9.99

FRIED PICKLES Large, juicy dill pickles fried and served with a side of ranch. 7.99

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 11.99

JUMBO PRETZEL

A jumbo soft pretzel served with our homemade queso cheese dip. 9.99

LOADED FRIES ^{GF} A generous portion of our fries smothered in queso and topped with crispy bacon and sour cream. 8.99
Add jalapenos for .50¢

QUESO ^{GF} Mouthwatering queso served with multi colored tortilla chips. 6.99

PIZZA LOGS 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 ^{GF} (6pc) Breaded and fried mozzarella stix served with a side of marinara. 8.99

SAMPLER PLATTER Choose 3 of the following items to customize your own platter - pizza logs, mozzarella stix, fried pickles or loaded fries. 14.99

SOUP OR SALAD

ADD GRILLED CHICKEN + 3.99

CHOICE OF DRESSINGS: House Italian • Ranch • Light Ranch • Caesar • Creamy Peppercorn
Bleu Cheese • Raspberry Vinaigrette • Honey Mustard • Balsamic Vinaigrette

STRAWBERRY PECAN SALAD

Mixed greens topped with fresh strawberries, pecans and goat cheese, served with raspberry vinaigrette dressing. 12.99

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. 13.99

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

SPINACH SALAD ^{GF} Fresh spinach topped with chopped bacon, tomatoes, dried cranberries and crumbled egg. Served with your choice of dressing. 9.99

CAESAR SALAD Crisp romaine lettuce with croutons and parmesan cheese tossed in a creamy Caesar dressing. 9.99

JULIENNE SALAD Mixed greens topped with fresh ham, turkey, egg, provolone and cherry tomatoes served with your choice of dressing. 10.99

SOUP OF THE DAY Ask your server
bowl 5.99 | cup 4.99

BOWL OF CHILI (Seasonal) 5.99

**ORIGINAL ANCHOR BAR
SPICY HOT CHICKEN WING SOUP**
bowl 5.99 | cup 4.99

ENTREES

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

SPAGHETTI OR RIGATONI

Served with two meatballs, topped with our delicious homemade sauce. 10.99
• **Add 1 more meatball for 1.99**

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. 14.99

FETTUCCINI ALFREDO

Creamy white sauce with parmesan cheese. 10.99 **Add grilled chicken +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 beer battered Haddock served with french fries, and your choice of potato salad or coleslaw and tartar sauce. 14.99

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

TRADITIONAL ANCHOR BAR STYLE!

Gluten Free Pizza Dough Available! ADDITIONAL TOPPINGS - sm \$1.49 | lg \$2.99
Onions • Sausage • Pepperoni (Cup & Char) • Bacon • Mushrooms • Black Olives • Hot or Banana Peppers

CHEESE PIZZA sm 12.99 | lg 15.99

VEGGIE SUPREME PIZZA

Our Original Anchor Bar Pizza Sauce topped with mushrooms, green peppers and onions sm \$12.99 | lg \$15.99

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

SUPREME PIZZA Sausage, green peppers, pepperoni and mozzarella cheese. sm 15.99 | lg 18.99

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 +1.49 | Add a fried egg for +.99
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. 10.99

BUFFALO WING BURGER Our fresh Angus beef patty char grilled and smothered in our Original (Medium) Anchor Bar Wing Sauce. Topped with our World Famous Chicken Wing, crumbled bleu cheese, lettuce, tomato and red onion on a fresh kaiser roll. 12.99

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

CORDON BLEU BURGER Our fresh Angus beef patty chargrilled and topped with swiss cheese, ham, lettuce, tomato and re-d onion on a fresh Kaiser roll. 11.99

MUSHROOM SWISS BURGER Our fresh Angus beef patty chargrilled and topped with swiss cheese, sautéed mushrooms, lettuce, tomato and onion on a fresh Kaiser roll. 10.99

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. 11.99

Make any sandwich a wrap! Ask your server!

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

REUBEN SANDWICH Lean corned beef, melted swiss cheese, sauerkraut and thousand island dressing grilled on fresh rye served with french fries, lettuce and tomato. 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

CLUB SANDWICH Crispy bacon, fresh turkey, lettuce, tomato and mayonnaise 10.99

GRILLED TUNA MELT Tuna salad, aged swiss cheese, crispy bacon strips, grilled on white bread 9.99

BLT Crispy white toast piled high with bacon and topped with lettuce, tomato and mayo. 8.99

BUFFALO CHICKEN SANDWICH Breaded 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. 10.99

GRILLED CHICKEN SANDWICH Juicy chicken breast grilled and topped with lettuce, tomato and red onion on a fresh kaiser roll. 10.99
• **Add your choice of cheese for +.99**

CHICKEN PHILLY Chicken breast grilled with mushrooms and caramelized onions. Smothered in queso cheese and served on a baked hoagie roll. 12.99 • **Make it Buffalo Style with our Original (Medium) Anchor Bar Wing Sauce!**

STEAK PHILLY Sirloin steak grilled with mushrooms and caramelized onions, smothered in queso and served on a baked hoagie roll. 13.99 • **Make it Buffalo Style with our Original (Medium) Anchor Bar Wing Sauce!**

SIDE ORDERS 3.99 each

SIDE SALAD • FRENCH FRIES • SWEET POTATO FRIES • POTATO SALAD • MAC & CHEESE • COLE SLAW
ANCHOR BAR WEDGES • TATER TOTS • SIDE OF PASTA

French fries can be seasoned with your choice of our signature dry rubs for +.99

KIDS YOUR CHOICE FOR 5.99 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 Mozzarella cheese and pepperoni.

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

SPAGHETTI Served in our homemade pasta sauce.

MAC & CHEESE Pasta smothered in a creamy cheese sauce.

GRILLED CHEESE Served with fries.

ASK FOR OUR PARTY PACK MENU!

THE HOME OF THE ORIGINAL BUFFALO WING IS GROWING!

VISIT US AT WWW.ANCHORBAR.COM
to view all of our locations across the United States and Canada!

Frank & Teressa's

ANCHOR BAR®

• ESTABLISHED 1935 BUFFALO, NY •



AMHERST, NEW YORK

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