



BREAKFAST

SERVED 8AM - 10:30AM

ANCHOR SUNRISE 12.

Two eggs, choice of bacon or sausage, served with hash browns, Texas toast

TWO EGG BREAKFAST 10.

Choice of eggs served with hash browns, Texas toast

CHICKEN WING OMELET 16.

Three eggs, shredded cheddar cheese, shredded chicken, original wing sauce, celery, Anchor Bar Bleu Cheese, one wing, served with hash browns, Texas toast

MEAT & CHEESE OMELET 16.

Three eggs, choice of bacon or sausage, provolone or cheddar cheese, served with hash browns and Texas toast

VEGGIE OMELET 14.5

Three eggs, fire roasted peppers, sauteed onions, diced tomato, provolone or cheddar cheese, served with hash browns, Texas toast

BREAKFAST SANDWICH 13.

Choice of bacon or sausage, egg, provolone or cheddar cheese, served with hash browns

TOASTED BAGEL 4.25

Served with butter, jelly, or cream cheese

ANCHOR BAR SIGNATURE ITEMS



OUR FAMOUS WINGS

CHICKEN WINGS 18.

Prepared with original Anchor Bar Sauce (mild, medium, hot, extreme heat or spicy BBQ), served with Anchor Bar Bleu Cheese & celery sticks

ALSO AVAILABLE IN BONELESS AND MEATLESS

SIDES

HASH BROWNS 5.5

BACON 4 strips 5.5

SAUSAGE 2 patties 6.5

FRUIT SALAD 6.

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 stockpot for soup. Teresa had deep-fried the wings and flavoured 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 their 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 the Buffalo wing, the closely guarded secret recipe is what makes Frank & Teresa's the proclaimed "Best Wings in the World."

