



LUNCH MENU

MONDAY THROUGH FRIDAY. 11AM–2PM. DINE IN ONLY.

PIZZA AND WINGS A personal cheese pizza and five traditional or boneless wings tossed in your choice of sauce or rub, served with celery and a side of ranch or bleu cheese. | \$15
+ **Additional toppings: \$1 each**

PIZZA AND A SALAD A personal cheese pizza and side salad or side caesar with your choice of dressing. | \$11
+ **Additional toppings: \$1 each**

PIZZA LOGS AND A SALAD 3 egg roll wraps stuffed with mozzarella cheese, sauce and pepperoni and side salad or side caesar with your choice of dressing. | \$12
+ **Tossed in garlic parmesan for .99¢**

TRADITIONAL WINGS A lunch-sized (7) portion of our traditional wings tossed in your choice of sauce or rub, and served with celery and a side of ranch or bleu cheese. | \$12
+ **Regular side: \$3 • All flats/all drums: \$1**

BONELESS WINGS A lunch-sized (8) portion of our boneless wings, tossed in your choice or rub, and served with celery and a side of ranch or bleu cheese. | \$9
+ **Regular side: \$3**

BLT Bacon, lettuce, and tomato piled high on crispy Texas toast with mayo. Served with french fries, tots, or broccoli. | \$11

BUFFALO CHICKEN SALAD Grilled or crispy chicken tossed in your choice of sauce or rub atop mixed greens, carrots, red cabbage, tomatoes, cucumbers, and bleu cheese crumbles. Served with your choice of dressing. | \$10

BUFFALO CHICKEN MAC & CHEESE Grilled or crispy chicken tossed in medium wing sauce, bleu cheese crumbles, and green onions atop a lunch-sized portion of our scratch-made mac & cheese. | \$11

SAUCES: TERIYAKI, HONEY GARLIC, GARLIC PARM, HONEY BOURBON BBQ, MILD, MEDIUM, BUFFALO LEMON PEPPER, SPICY GARLIC PARMESAN, SPICY BBQ, MANGO HABANERO, HOTTER, X-HOT, EXTREME HOT

DRY RUBS: HABANERO RANCH, BUFFALO, CAJUN, BUFFALO RANCH, LEMON PEPPER, SALT & PEPPER, GARLIC

DRESSINGS: RANCH, ITALIAN, CAESER, HONEY MUSTARD, BLEU CHEESE, BALSAMIC VINAIGRETTE, RASPBERRY VINAIGRETTE

PIZZA TOPPINGS: PEPPERONI (CUP & CHAR), SAUSAGE, BACON, CHICKEN, MUSHROOMS, ONION, BLACK OLIVES, HOT OR BANANA PEPPERS, GREEN PEPPER, TOMATO, PICKLED JALAPENOS

Frank & Teressa's

ANCHOR BAR®

• ESTABLISHED 1935 BUFFALO, NY •



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