

https://www.niagara-gazette.com/news/night_and_day/lunch-at-frank-and-teressas-meets-expectations/article_7351365e-5a98-5972-8a7e-e94810a80d97.html

Lunch at Frank and Teressa's meets expectations

Anchor Bar recently opened at Holiday Inn downtown

By Michele DeLuca michele.deluca@niagara-gazette.com

Jan 16, 2018

1 of 2



Michele DeLuca/Staff An order of chicken wings, medium, and a sampler platter of appetizers at the new Anchor Bar

[f](#) [in](#) [p](#) [@](#)



Editor's Note: The following is an irregular series following the new Niagara Gazette/Lockport Journal publisher John Celestino as he discovers restaurants in the Niagara region, accompanied by Michele DeLuca, Gazette features editor.

When Frank and Theresa's Anchor Bar moved into Niagara Falls, I thought it was a tremendous idea.

When visitors come anywhere near Buffalo, the first thing they usually want to do is try a "Buffalo wing." And where better to try one than the place that claims to have invented the wing as most have come to know and love it — deep-fried, crispy and tossed in hot sauce and butter, generously dipped into some creamy blue cheese dressing.

When I'd heard they opened a franchised version of the Anchor Bar in the nicely updated Holiday Inn downtown, that was what I thought was a smart business move.

So, when my new boss, John Celestino, publisher of both the Niagara Gazette and the Lockport Union Sun & Journal, wanted to try somewhere new for lunch, where better to take a guy from New Jersey, than to the newest incarnation of the historic Anchor Bar, right here in Niagara Falls. He was very enthusiastic about the opportunity to sample wings from the wing mecca, so I was hoping he wasn't going to be disappointed.

The place had been a Tony Roma's rib franchise, and not much has changed in the hotel renovations that have taken place at the Holiday Inn where the restaurant is located at 114 Buffalo Ave.

The two waiting areas of the restaurant each have a poster detailing that magical night in March of 1964, when Dominic Bellissimo was tending bar at the now-famous Anchor Bar Restaurant in Buffalo. A group of his friends arrived and he asked his mother, Teresa, to prepare something for his friends to eat. She went into the kitchen where she found some leftover chicken wings which she tossed into a deep fryer where some important Buffalo food history was made. They were an instant hit. And now, Buffalo chicken wings are almost as well known in the world as the wonders of Niagara Falls.

We were both pretty happy to try the place. And try, we did. I got the spinach salad, in an attempt to fool myself that I was eating healthy. It had a nice amount of chopped hard-boiled egg, bacon and dried cranberries with a sweet dressing that complimented the salad. It was nicely done, looked pretty and tasted fine, just the way one might expect that combination of flavors to taste.

We also ordered Original Anchor Bar Spicy Hot Chicken Wing Soup, and John took an enthusiastic taste because he loves hot foods, but was surprised by a blast of flavored heat. The creamy cheesy soup settled down once he tucked into it, so no worries for those who can't stand the heat. I had the soup as well and found it to be comfortably flavorful and especially cheesy, like a chicken wing you sip. I'd order it again, especially on one of those infamous cold winter days that have seemed to linger in these parts.

Then we ordered an appetizer sampler platter for \$12.99, particularly because neither one of us had ever had a pizza roll, which was one of the choices for the platter. They taste just like one might imagine. Pepperoni and cheese are stuffed in a small roll of deep-fried crispy crust, and then dipped in pizza sauce before eating. We also had deep-fried dill pickles, which are amazing with a side of ranch dressing to dip them in, and mac and cheese bites, which are deep fried pieces of macaroni and cheese. How can that be bad? They were definitely not bad.

Of course, the star of the show was the wings, and we ordered a bunch to eat for lunch and to take back to the office for the rest of our colleagues.

When we asked our server to bring us a bit of each of the toppings that are available, she didn't bat an eye at what turned out to be a really large scale effort, as there are 16 sauces and rubs that are available and she brought us one of each in little cups on two dinner plates. We valiantly tried each, from spicy hot BBQ, to spicy garlic Parmesan, to honey garlic, to sweet and sour and suicidal. They were all good, though I am not a fan yet of rubs and suicidal didn't seem as painful as it could be. We ordered 10 wings plain for

\$11.99 and another 10 with the medium hot sauce for the same price. Both orders were very satisfying. We ordered a few more to take back to the office and the reviews were enthusiastic.

The menu seems fairly priced, and there is something for everyone, including Italian dishes like the Anchor's Own House Made Lasagna for \$14.99, and spaghetti or rigatoni for \$10.99. There's also a fish fry for \$11.99 which is available any day.

When I go back, i hope to try the Beef on Weck and the Anchor Bar bites, a boneless wing.

John and I had a great chat about working in a region where frozen days are a staple of winter weather. I was dressed for the below zero temperatures that day and he was not. But, he seemed to do OK, and politely refused my offer to bring him gloves from home.

Afterward, I reached out to the Anchor Bar headquarters to get some details about the franchise and how it's doing, but didn't hear back as of press time. There are currently 10 locations now, including the original bar in Buffalo, the Buffalo Airport, Darien Lake, Williamsville, Amherst, San Antonio, CA, and in Burlington, Hamilton and Toronto in Canada.

The menu, the history, information on franchise opportunities and even a recipe for how to cook chicken wings, are online at www.anchorbar.com.

IF YOU GO

- **WHAT:** Anchor Bar
- **WHERE:** 114 Buffalo Ave., Niagara Falls
- **MORE INFO:** www.anchorbar.com

Trending Video



Loading...

Niagara Gazette Events

See All Events

Add your event

Fri, Feb 16

Sun, Feb 04

Sun, Feb 04

Sun, Feb 04

Mon, Feb 0



South Region - PD Day Drop in Play

MacBain Community...



SUN
4

MON
5

TUE
6

WED
7

THU
8

FRI
9

SAT
10

SUN
11

MON
12

TUE
13

WED
14

THU
15

FRI
16

The Everly Brothers Experience

Falls View Casino Resort

Reif Estate's Winter Wonderland

Reif Estate Winery

Broken Promises

Royal, ON

Weekly D

Brock Univ