

visit
Buffalo Niagara

BUFFALO WING TRAIL



AMERICA'S TASTIEST DRIVE

YOU'RE WELCOME, WORLD



Buffalo has always been a great place to eat. Its early populace of Italians, Poles and Germans laid the groundwork for a long history of comforting hearty fare designed to keep blue collar workers fueled. Distinct local specialties like beef on weck, charbroiled hot dogs, beer battered fish fry and, of course, our world-famous chicken wings help make Buffalo one of the great American food towns. Start your journey to the top of the Buffalo food pyramid on the Buffalo Wing Trail. We're sure you're going to love every finger-licking bite along the way.

We didn't just invent one of America's favorite foods in Buffalo. We perfected the Buffalo wing over the last six decades using special sauces, secret family recipes passed down through the generations and preparation methods found nowhere else in the world. The history and character at the 14 neighborhood pubs and tucked-away corner taverns along the Buffalo Wing Trail are as unique and distinct as the wings they serve.

So join us in the World Capital of Wings for some pilgrimage-worthy painted wings, or Smitty Wings, or very, very hot wings, or double-dipped wings. Vist BuffaloWingTrail.com to get started. The blue cheese is on us.



BUFFALO WING TRAIL



HIT THE TRAIL

- | | |
|-------------------------------|--------------------------|
| 1 ANCHOR BAR | 8 GABRIEL'S GATE |
| 2 BAR-BILL TAVERN | 9 GENE MCCARTHY'S |
| 3 BLACKTHORN RESTAURANT & PUB | 10 GLEN PARK TAVERN |
| 4 COLE'S | 11 LENOX GRILL |
| 5 DOC SULLIVAN'S PUB | 12 MAMMOSER'S TAVERN |
| 6 DUFF'S | 13 NINE-ELEVEN TAVERN |
| 7 ELMO'S BAR & RESTAURANT | 14 O'NEILL'S STADIUM INN |



THE PAINTED

BAR-BILL TAVERN

185 Main St, East Aurora, NY 14052
716.652.7959 barbill.com [@barbilltavern](https://www.instagram.com/barbilltavern)

It's no wonder Bar-Bill Tavern has its wings down to a science; the former owner was an aerospace engineer who perfected Buffalo's signature food at this East Aurora institution. Staff methodically hand-brush each wing with housemade sauces like honey butter BBQ and spicy Asian. And every order features exactly five drums and five flats perfectly centered around a dipping bowl of blue cheese made in-house daily.

Bar-Bill's limited menu also includes one of Buffalo's most renowned beef on weck sandwiches, hand carved on the spot. Bar-Bill, named after the tavern's original owners, Barbara and Bill Korzelius, has gained a loyal following since opening decades ago inside a 150-year old building that formerly housed an ice cream parlor. A poster of Johnny Cash near the back of the long, narrow bar reminds patrons that the tavern is cash only. Bar-Bill added a second location in Clarence in 2020, giving Buffalo's Northtowns a taste of the wings and weck Southtowns residents have sworn by for generations.

THE ORIGINAL

ANCHOR BAR

1047 Main St, Buffalo, NY 14209

716.883.1134 anchorbar.com [@anchorbarbuffalo](https://www.instagram.com/anchorbarbuffalo)

Making a pilgrimage to the birthplace of the chicken wing? Do yourself a favor: Instead of entering the Anchor Bar from the parking lot, walk around the corner to the Main Street entrance, stop at the original wooden bar, and pause.

This very spot changed the course of American food history in 1964, when the hungry friends of Dominic Bellissimo, who was tending bar at the time, arrived looking for a late-night snack. Dominic's mother — owner Teresa Bellissimo — took the chicken wings originally intended for a soup, fried them, tossed them in hot sauce, and served them. The Anchor Bar subsequently became a mecca for wing lovers, evidenced by more than 500 license plates hanging on the barroom walls from every state, Canadian provinces and most of Western Europe.

With roots dating back to 1935, the Anchor Bar has grown to a dozen locations and sells its signature sauce in almost 3,000 supermarkets and as far away as Kyoto, Japan. While the Main Street location serves several varieties of wings, it's the medium that are the closest interpretation to Teresa's original recipe from all those years ago.



THE SOUTH BUFFALO

BLACKTHORN RESTAURANT & PUB

2134 Seneca St, Buffalo, NY 14210

716.825.9327 blackthornrestaurant.com [@blackthornpub](https://www.instagram.com/blackthornpub)

The Gaelic sign greeting customers walking into the Blackthorn Restaurant & Pub says it all — “Cead Mile Failte” or “a hundred thousand welcomes.” Irish heritage, warmth, wit and hospitality abound in this Seneca Street establishment, from the Celtic music to portions of the bar imported from the Old Sod.

The Blackthorn has a menu filled with Irish fare, comfort foods and the “South Buffalo Wing,” a delicious interpretation of a standard wing with some extra spices and flavor served with housemade blue cheese. But the best-kept secret of the Blackthorn lies upstairs, in the backroom home of the storied Blackthorn Club, which has been around for more than 100 years. The late Tim Russert — proud son of Buffalo and moderator of NBC’s Meet the Press — loved the pub and was slated to join the club’s ranks until his unexpected death in 2008. His presence looms large in a series of photos in the clubroom, along with pictures of St. Patrick’s Day parades and other events from the club’s storied history.





THE CLASSIC

COLE'S

1104 Elmwood Ave, Buffalo, NY 14222

716.886.1449 [facebook.com/colesbuffalo](https://www.facebook.com/colesbuffalo) [@colesbuffalo](https://www.instagram.com/colesbuffalo)

If only the walls at Cole's could talk. Memorabilia collected through the years covers nearly every square inch of this nearly 90-year-old staple of the Elmwood Village. A rowing boat from the 1960 Summer Olympics, a series of carousel horses from a local Merry-Go-Round and dozens of college pennants all hang from the ceiling of this storied pub.

Cole's honors its rich past while also keeping up on current trends, serving more than three dozen local, domestic and European micro-brews on tap. That eye toward the future extends to its wing game too. Sure, there's the classic varieties like hot, medium and mild that the Shatzel family first started serving after taking over the pub in 1972. But the pub also recently debuted a hot honey cajun wing that's both fried and grilled. And Cole's is one of the only spots on the trail where you can pair five wings with a beef on weck sandwich, a uniquely Buffalo combo.



THE VERY, VERY HOT

DUFF'S FAMOUS WINGS

3651 Sheridan Dr, Amherst, NY 14226
716.834.6234 duffswings.com [Instagram: @duffswings](https://www.instagram.com/duffswings)

The warning signs at Duff's are everywhere — on the walls, the menus, the large white buckets served for discarded wings and even on apparel. "MEDIUM is HOT. MEDIUM HOT is VERY HOT. HOT is VERY, VERY HOT." The adjusted flavor scale for Duff's sauces even inspired a group of Saturday Night Live writers, who created an early 1990s sketch based on their Duff's experience. You'll appreciate SNL's "Super Fire Hot Wings" online even more after dining at Duff's.

Opens since 1946, Duff's added "Famous Wings" to its title after a glowing Buffalo News review in the 1980s. It has grown to include several area locations, including one President Obama visited in 2010. But the original Sheridan Drive location remains the star. Duff's fries their wings once to seal in the juice, then again to make them crispy. It results in a wing high on the crispy, saucy and juicy spectrum. Pro tip: Eat like a local and order a side of fries to dunk in your blue cheese.

THE SMITTY

DOC SULLIVAN'S

474 Abbott Rd, Buffalo, NY 14220

716.436.3302 docsullivanbuffalo.com [@doc.sullivan.southbuffalo.ny](https://www.instagram.com/doc.sullivan.southbuffalo.ny)

A long Abbott Road in South Buffalo, the “Smitty wing” rules the roost. Doc Sullivan’s Pub serves this born-in-the-neighborhood take on the wing, which mixes a half-dozen spices into a traditional hot sauce. “Smitty” is a nod to the pub’s previous name and the Smith family who ran it; the secret recipe has been passed down through generations of ownership for the last 40 years. “Smitty” hot, medium and mild replace the typical flavor scale found at most restaurants. The result is a perfectly crispy, saucy wing with a full-bodied flavor.

Another recent addition to Doc Sullivan’s menu is the beef on weck wing, a fusion of two of Buffalo’s most popular foods. Covered in horseradish aioli, salt and caraway seeds, these wings are a delicious new take on a Buffalo classic. Lots of natural light, a central wooden bar and photos of historic Buffalo on the walls make Doc Sullivan’s a comfortable neighborhood pub to stop in — and keep returning to.

6



THE DOUBLE-DIPPED

ELMO'S BAR & RESTAURANT

2349 Millersport Hwy, Getzville, NY 14068 716.688.7237

Elmo's Bar & Restaurant is a no-frills bar located in a strip mall off a four-lane highway that serves up some of the most unique — and tasty — wings in Buffalo. Elmo's has been honing its wing game since owner Adrian Meredith took over in the early 1990s, developing a from-scratch Cajun sauce and heavily incorporating grilling into its process. Now, most wing orders are grilled, and nearly half are “double-dipped:” fried, tossed in sauce, grilled, doused in a different sauce, and served.

The result is a wing bursting with a combination of flavors unlike anywhere else on the trail. More than a half-dozen double-dip options are available; the “BBQ hot” is a fusion of tang and heat, while the “Cajun honey mustard” is sweet, spicy and smoky. The simple interior of the bar features late 1990s Sabres jerseys, a tribute to the days when the team used to chow down here after practice.





THE OLD SCHOOL

GABRIEL'S GATE

145 Allen St, Buffalo, NY 14201

716.886.0602 [@gabrielsgate](#)

The old saying of “If it ain’t broke, don’t fix it” would certainly apply at Gabriel’s Gate. This staple of Buffalo’s Allentown neighborhood for the last half-century has kept its wings consistent throughout the years — a touch crispy, with a splash of Frank’s Red Hot. Gabriel’s Gate is the standard for a classic wing done right.

Gabriel’s Gate — formerly a brick row house constructed in 1864 that once served as an antique shop — is teeming with character, from the tin ceilings and saloon-style chandelier to the hardwood floors, wooden booths and two wood-burning fireplaces. A series of mounted animal heads stare down customers from the high ceiling bar. Its long and narrow interior opens to a back patio that has a running fountain in the summer.

Gabriel’s is the kind of pub you could only find in Allentown — one of Buffalo’s oldest neighborhoods and the city’s creative quarter filled with historic architecture, public art and a host of galleries, bars, nightclubs and restaurants.



THE SICILIAN

GLEN PARK TAVERN

5507 Main St, Williamsville, NY 14221

716.626.9333 glenparktavern.com [@glenparktavern](#)

Originally a stagecoach stop on the road between Buffalo and Rochester, the Glen Park Tavern has been an institution in the village of Williamsville since 1887. Some 130 years later, the tavern — under the ownership of the Grenauer family since the late 1990s — remains a beloved local landmark. The original wooden bar, wood-hewn ceiling and photos of 19th-century Williamsville on the walls remind customers of the tavern's rich history.

The tavern prides itself on quality ingredients, including jumbo wings that are some of the largest on the trail, and an especially creamy blue cheese dressing made from scratch. Nearly two-thirds of the staff at the tavern have worked there for more than 20 years and meet regularly to review the menu and food, which recently spurred the development of a secret ingredient that helps their sauce stick to the wing. Locals swear by the Glen Park's Sicilian wing, which is covered in Parmesan cheese, garlic, basil and oregano.

THE BLUE CHEESE

GENE McCARTHY'S

73 Hamburg St, Buffalo, NY 14204

716.855.8948 genemccarthys.com [@genes_ofwbrewery](https://www.instagram.com/genes_ofwbrewery)

In the shadow of Buffalo's towering grain silos sits Gene McCarthy's pub, an icon of the city's Old First Ward since 1964. Grain scoopers who lived in the neighborhood and worked in the silos whet their whistles at Gene's after a long day's work. The pub's interior décor — shamrocks painted on the ceiling, a Fighting Irish banner and a portrait of John F. Kennedy reflects the Ward's rich Irish heritage. As rock climbers, kayakers and artists reinvigorate the nearby grain silos, Gene's has added to its traditional appeal with a brewery next door that serves a dozen craft beers.

Gene's also delivers a delicious twist on the Buffalo wing by taking its partnership with blue cheese to a whole new level. The McCarthy's-style wing features a sauce that combines blue cheese with hot and BBQ flavors. It's topped with crumbly blue cheese and served with a side of blue cheese. At Gene's, when they say #NeverRanch, they mean it.

10



THE KOREAN BBQ

LENOX GRILL

140 North St, Buffalo, NY 14201

716.884.1700 lenoxgrill.com [lenoxgrill](https://www.instagram.com/lenoxgrill)

Upon entering the Lenox Grill, you might expect to see Ted Danson tending bar. The pub, set several feet below ground and clad in dark wood — bears a striking resemblance to the set of Cheers, the kind of place “where everybody knows your name” or will soon enough.

The Lenox Grill is set within Buffalo’s oldest continuously operating hotel, which dates to the turn of the 20th century and has housed an impressive roster of guests including Duke Ellington, Henry Fonda, Harry Belafonte and a young F. Scott Fitzgerald. The pub, opened more recently, has distinguished itself with an eye-popping beer list of more than 550 bottled varieties. Its wings have gained local acclaim thanks to enterprising chef Michael Strom, who introduces a new weekly wing special to the bar, from peanut butter-and-jelly to s’mores. Other noteworthy flavor options include the BBQ honey Sriracha and Korean BBQ.





THE SPECIAL SAUCE

MAMMOSER'S

16 S Buffalo St, Hamburg, NY 14075 716.648.1390

Some 12 years after the Buffalo-style wing's inception, Phyllis Mammoser decided to try her own variation at Mammoser's Tavern in Hamburg. The result was a wing unlike anywhere else in town. Phyllis loved spicy food, so she devised a homemade sauce that was a marked departure from the Frank's Red Hot-based sauces Buffalonians were used to. She created Mammoser's Original Wing Sauce, which is sold by the bottle at the restaurant and in local supermarkets. The sauce, which lists four different varieties of pepper in its top 10 ingredients, provides a slow burn and an extra kick of spiciness.

Mammoser's has a distinctive interior, with many of the original wooden features of the former 19th century stable still visible at the bar. Phyllis' son Pete now runs the tavern, which has been in the Mammoser family since 1948. Another noted distinction is that Mammoser's uses no butter or margarine in its wing-making process, resulting in a drier wing that's incredibly flavorful and juicy on the inside.



THE CHIAVETTA

O'NEILL'S STADIUM INN

3864 Abbott Rd., Orchard Park, NY 14127

716.646.4674 oneillsstadiuminn.com [@oneillsstadiuminn](https://www.instagram.com/oneillsstadiuminn)

There are two kinds of days to visit O'Neill's Stadium Inn: the Sundays of Buffalo Bills home games, and the other days of the year. On those Sundays, tens of thousands of fans walk past the tavern within view of Highmark Stadium. O'Neill's becomes pre-game party central, featuring shoulder-to-shoulder fans wearing zubaz pants and Bills jackets, caps and sweatshirts. But those in the know head back to O'Neill's during the rest of the year, when the limited gameday wing menu expands into nearly 60 sauce options, a list that begins on its printed menus and spills over onto its chalk-written walls.

There's the lemon pepper wing, which Buffalo Bills defensive tackle Ed Oliver frequently requests. And the Memphis dry rub wing, with a perfect level of crispiness and brown sugar crumbles sprinkled on top. And then there's the Chiavetta's wing. Chiavetta's chicken marinade has been a Buffalo staple for more than 60 years, but is rare to find in restaurants as a wing option. The grilled Chiavetta's wing at O'Neills offers the perfect smoky, vinegary taste that's made the marinade such a beloved Buffalo flavor.

THE PURIST

THE NINE-ELEVEN TAVERN

11 Bloomfield Ave, Buffalo, NY 14220

716.825.9939  [nineeleventavern](#)

At the nine-eleven Tavern, there are only four options for wings — hot, medium, mild and plain — yet this workingman’s bar tucked away on a quiet street in South Buffalo has carved out a reputation as one of the city’s best options for its signature food.

Nine-Eleven’s presentation — carefully placed wings and celery revolve like clockwork around a bowl of blue cheese adorned with celery leaves — is without precedent locally. And the wings themselves are large, crispy, and saucy. Order the hot wings to try Nine-Eleven’s sauce — one of the most flavorful in town — in its purest form. It starts sweet and tangy, then builds towards a robust, fiery finish.

Only one man made the wings here for nearly 40 years: the late owner Mark Gress, who opened the Nine-Eleven in 1981 and spent nearly every night in the kitchen until his death in 2020. Before he passed away, Gress turned over his closely-guarded wing recipe to his daughter, Paige, who now cooks the wings every night just like her father once did.

14



SAY HELLO TO WINGS' BEST FRIENDS

What goes better with wings than pizza and beer? Nothing, that's what. So it's only natural that Buffalo has great pizza joints and breweries to complement our glorious culinary gift to the world.

Buffalo lays claim to its own pizza style — a geographic hybrid between New York thin slice and Chicago deep dish featuring a thick crust; sweet, tangy sauce; generous portions of mozzarella cheese and spicy pepperoni that cups and chars while baking. Here are ten great Buffalo pizzerias:

BOB & JOHN'S LA HACIENDA*

1545 Hertel Ave, Buffalo
bobandjohns.com

BOCCE CLUB PIZZA*

4174 Bailey Ave, Amherst
bocceclubpizza.com

IMPERIAL PIZZA*

1035 Abbott Rd, Buffalo
imperialpizzabuffalo.com

JUST PIZZA & WING CO.*

300 Elmwood Ave, Buffalo
justpizzausa.com

LA NOVA PIZZERIA

371 W. Ferry St, Buffalo
lanova-pizza.com

LOVEJOY PIZZERIA*

900 Main St, Buffalo
lovejoypizza.com

MISTER PIZZA ELMWOOD*

1065 Elmwood Ave, Buffalo
misterpizzaelmwood.com

PICASSO'S PIZZA

6812 Transit Rd, Williamsville
picassospizza.net

PIZZA PLANT ITALIAN PUB

125 Main St, Buffalo
pizzaplant.com

SANTORA'S PIZZA PUB & GRILL

1402 Millersport Hwy, Amherst
santoras.com

The Queen City has seen a surge of homegrown breweries and brewpubs. There are now nearly 50 beer makers around the region, reinvigorating waterfronts, revitalizing buildings and giving growing neighborhoods gathering places brimming with conversation, civic pride, and great beer. Find out more at BEERinBUFFALO.COM. Cheers!

*Takeout only



A CITY WITH A FLAVOR ALL ITS OWN

An entire food culture in Buffalo has developed around the peppery flavor of chicken wings. It was only a matter of time before restaurants and retailers began selling modern riffs on the beloved dish.

SHARP CHEDDAR TOAST

Baked on-site along with 10 other types of toast, this cheese-filled variety is served with blue cheese from St. Agur, France and hot sauce.

Five Points Bakery 44 Brayton St, Buffalo fivepointsbakery.com

BUFFALO CHICKEN WING SOUP

Rich, creamy, and brimming with a kick of Frank's Red Hot, Danny's Buffalo Wing soup is a perfect way to warm up following a late season Buffalo Bills game at nearby Highmark Stadium.

Danny's South 4300 Abbott Rd, Orchard Park dannysrestaurant.com

CHOCOLATE WINGS

Satisfy your sweet tooth after stopping on the trail. Watson's sells boxes of wing-shaped chocolates alongside a blue cheese style container of white chocolate dipping sauce.

Watson's Chocolates 738 Elmwood Ave, Buffalo watsonschocolates.com

BUFFALO CHICKEN RAMEN

An Eastern twist on a Western New York favorite: Buffalo-style chicken accompanies green onions, carrot and black garlic oil served in a creamy chicken broth.

Sato Ramen 3268 Main St, Buffalo satorestaurantgroup.com/sato-ramen

BUFFALO WING POPCORN

Can you smell that? Something is popping up in Buffalo! Buffalo-style popcorn is the perfect spicy-salty snack to feed your craving for wings.

Aurora Popcorn Shop 673 Main St, East Aurora theauroratheatre.com/aurora-popcorn-shop

CHICKEN-FREE WINGS

Buffalo's wing scene has something for everyone — even visitors who don't eat chicken. Amy's Place in the city's University Heights neighborhood serves delicious, vegan-friendly seitan wings.

Amy's Place 3234 Main St, Buffalo, NY 14214



**EAT WINGS
EARN PRIZES**



BUFFALO WING TRAIL.COM

visit
Buffalo Niagara