

SEAFOOD

- Branzino (Whole)

Mediterranean sea-bass marinated in garlic, lemon juice and extra virgin olive oil. Char-grilled as a whole

\$34.00
- Filet

Served with salad as a side

\$35.50
- Grilled Shrimp Kebab

Fresh shrimp char-grilled with green, and red peppers, topped with special sauce. Served with house sauce as a side, and salad

\$33.50
- Sauteed Shrimp

Fresh shrimps baked in a casserole w/ delicious mushrooms, fresh tomatoes, red & green peppers, topped with shredded mozzarella cheese. Served with rice as a side

\$33.50
- Grilled Salmon

Cubes of fresh salmon served with salad, and rice

\$33.50
- Red Snapper Fish

Served with salad

\$33.50



VEGETABLE ENTRÉES

- Vegetable Casserole

A fine mixture of potatoes, carrots, zucchini, eggplant, white onions, red/green pepper, and garlic sauteed with our light tomato sauce. Served with rice

\$20.95
- Baby Okra

Baked with fresh tomatoes, green and red pepper, and carrots, served with rice. **With Meat \$28.95**

\$20.95
- Cheese Ravioli

Served with pesto sauce

\$19.00
- Falafel Dinner

Served with rice, green salad, hummus, and tahini sauce

\$22.50
- Turmeric Roasted Cauliflower

Marinated with virgin olive oil, and Mediterranean seasoning. Served with yogurt sauce

\$19.00
- Zucchini Pancake

Zucchini, carrot, onion, parsley, and dill

\$19.50



OVEN

- Lahmacun

Served with onion tomato parsley, and lemon

\$18.00
- Kıymalı Pide

A thick dough crust stuffed with seasoned ground lamb

\$18.50
- Mixed Pide

Ground meat, soujouk, pastrami, and cheese

\$20.50
- Soujouk Pide

A thin crust topped with Turkish Sucuk (sausage)

\$20.50
- Cheese Pide Vegetable

A crispy golden crust topped with feta cheese, and mozzarella cheese

\$19.50
- Kusbaşı Pide

A special pide topped with chopped "filet mignon", green peppers, red peppers, red Holland peppers, tomatoes, and onions.

\$20.50
- Pastrami Pide

Pastrami, and cheese

\$20.50



KIDS MENU

- Chicken Nuggets

Served with french fries

\$15.00
- Chicken Tenders

Served with french fries

\$15.50
- Chicken Alfredo Pasta

Fresh boneless, skinless chicken breast, minced garlic, heavy cream, Parmesan cheese, basil, and parsley

\$15.50
- Chicken Wings

Served with French fries

\$15.00
- Gal Cheeseburger

Lettuce, tomato, onion, pickle, ketchup, mayonnaise, and melted cheese. Served with French fries

\$16.00
- Gal Burger

Lettuce, tomato, grilled onion, pickle, ketchup, mayonnaise. Served with French fries

\$16.00
- Mozzarella Sticks

Served with French fries

\$15.00



SIDES

- White Rice

\$7.00

Grilled Vegetables

\$7.00
- Bulgur

\$7.00

Mashed Potato

\$7.00
- French Fries

\$7.00

Asparagus

\$7.00

DESSERTS

- Tiramisu

\$11.00

Carrot Cake

\$11.00

Red Velvet Cake

\$11.00

Limoncello Mascarpone Cake

\$11.00

Bomba

\$11.00

Strawberry Cheesecake

\$11.00

Pistachio Cheesecake

\$11.00

Chocolate Cake

\$11.00

Rice Pudding (Sutlac)

\$11.00

Pudding prepared with milk, rice, sugar and cornstarch

Kunefe

Shredded kadayif noodles and unsalted cheese soaked in sweet syrup. Topped with shredded pistachios

\$18.00

Chocolate Souffle

\$11.00

Brown Top Pudding (Kazandibi)

\$11.00

Whole milk, wheat starch, sugar, vanilla extract

Cold Baklava

Chocolate, and pistachio baklava served cold

\$11.00

Baklava

Sweet pastry made of extremely thin sheets, of filo dough layered with chopped nuts and honey syrup baked with butter and cut into diamond shapes

\$11.00

Almond Pudding

Almond milk, rice flour, sugar, and almond extract

\$11.00

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Customers need to be aware of the risks involved in consuming raw or undercooked foods. If you have any food allergies please let your server know when ordering. Foods in this restaurant are processed in a kitchen that produces dishes with milk, wheat, soybean, fish, tree nuts, peanuts, eggs, and egg products.

PRSRT STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

*****ECRWSS**
Local
Postal Customer

Designed and printed by NYMETROPROMO.com / 212-518-8897 / 11/2025

GAL

MEDITERRANEAN CUISINE

FREE DELIVERY
CATERING AVAILABLE

Hours
Monday to Thursday 10 am - 10 pm
Friday to Saturday 10 am - 11 pm
Sunday 10 am - 10 pm

galmediterranean.com

2 NJ-37, Toms River, NJ 08753
(732) 244-6262

galmediterranean

SOUPS

- Red Lentil Soup

\$9.50

A traditional soup filled with lentils, and pureed vegetables
- Broccoli Cheddar Soup

\$9.50

Broccoli, carrots, onion, potato with added cheddar
- Tomato Soup

\$9.50

Creamy tomatoes blended with the perfect amount of spices, and mozzarella cheese

SALADS

- Gal Mediterranean Salad

\$18.00

Mediterranean greens, goat cheese, dry grape, cherry tomato, green apple, cucumber, walnuts, strawberries, carrots, pomegranate sauce, and olive
- Baby Arugula Salad

\$14.00

Baby arugula, olive, parsley tomato, tulum cheese, olive oil dressing
- Gavurdagi Salad (Ottoman Salad)

\$18.00

Chopped tomatoes, peppers, onions, parsley, and walnuts mixed with spices, pomegranate, and olive oil sauce, and cucumber
- Shepherd Salad

\$14.50

Chopped tomatoes, onion, cucumber, parsley, seasoning, and olive oil dressing, and green pepper
- Greek Salad

\$14.50

Lettuce, cucumber, tomato, green pepper, red onion, black, and green olives, and feta cheese
- Caesar Salad

\$14.00

Romaine lettuce and croutons dressed with Parmesan cheese, and Caesar dressing

Add Chicken 9.00 • Shrimp 10.00 • Feta Cheese 4.00 • Goat Cheese 5.00
Salmon 10.00 • Lamb 10.00

COLD APPETIZERS

- Hummus

\$10.50

Mashed chickpeas blended with garlic, tahini, seasonings, lemon juice, and olive oil
- Babaganoush

\$10.50

Grilled smoked eggplant mixed with garlic, tahini, mayonnaise, seasonings, and olive oil
- Eggplant Salad

\$10.50

Grilled smoked eggplant and a mix of peppers, garlic, spices, and olive oil
- Pink Sultan

\$10.50

Boiled fresh red beets, coriander, dill, garlic, labneh, spices and olive oil
- Muhammara

\$11.00

Breadcrumbs, walnuts, cheeses, pepper paste, garlic, olive oil, and spices
- Spicy Ezme

\$11.00

Chopped tomatoes, onions, parsley, pepper, tomato paste, walnuts, spices, and olive oil
- Girit Ezme

\$11.50

Blend of feta cheese, mexican cheese, ezine cheese, pistachio, almonds, walnuts, basil, spinach, garlic, olive oil
- Labne

\$11.50

Yogurt mixed with garlic, walnuts, mint, olive oil, and seasoning
- Eggplant Tomato Sauce

\$11.00

Fried eggplant, and pepper mixed with tomato sauce, garlic, and seasonings
- Artichokes W/ Olive Oil

\$11.50

With a Bouquet of vegetables, boiled carrots, celery, olive oil
- Stuffed Grape Leaves

\$10.50

Grape leaves stuffed with rice, fresh parsley, and mint
- Mixed Appetizers

\$28.50

Mixture of 6 different appetizers chosen by our chef



HOT APPETIZERS

- Falafel (6 Pcs.)

\$15.00

Deep fried chickpeas and vegetables blended with spices. Served with hummus, and tahini sauce on top
- Fried Calf's Liver

\$19.00

Pan fried calf's liver. Served with mixed onion, parsley, and seasonings
- Fried Calamari

\$17.95

Served with tartar sauce
- Homemade Kibbeh (2 Pcs.)

\$14.00

Ground beef, onion, walnuts, bulgur, and seasonings
- Cheese Roll (5 Pcs.)

\$14.00

Phyllo dough pastry stuffed with cheese, and parsley. Served with white sauce
- Hummus With Pastrami

\$19.00

Pan fried pastrami with butter. Served with our hummus
- Garlic Butter Shrimp

\$20.95

Served with coloring peppers
- Roasted Onion – Garlic

\$17.00

Shallot onion and garlic with seasonings olive oil, and pomegranate syrup

MEAT ENTRÉES

- GAL Special Begendi

\$29.50

Served with cooked diced filet mignon, sautéed roasted eggplant, cheese & red sauce
- Lamb Gyro

\$28.00

Layers of marinated ground meat, wrapped around the large vertical split, and grilled in front of an ingenious herd of charcoal fire
- Lamb Shish Kebab

\$31.00

Special marinated cubes of baby lamb char-grilled
- Adana Kebab

\$30.00

Ground lamb flavored with red bell peppers slightly seasoned with paprika, and grilled deliciously on skewers
- Lamb Saute 1ppl.\$31.00 2ppl.\$59.50 4ppl.\$115.00

Diced pieces of lamb baked in a casserole with delicious mushrooms, fresh tomatoes, onions, red & green peppers, seasoned with a blend of herbs. Served with rice as a side
- Lamb Chops

\$39.95

Baby lamb chops char-grilled to order
- Lamb Shank

\$33.00

Slowly simmered tender lamb leg. Served with a choice of rice or mashed potatoes
- Iskender Kebab

\$29.95

Lamb gyro layered over homemade crispy bread, topped with our special tomato sauce. Served with yogurt as a side
- Shashlik

\$33.95

Buttermilk & spice marinated tenderloin, char-grilled on skewers with shallots. Served with rice, and salad
- Mixed Grill 1ppl.\$41.00 2ppl.\$79.00 4ppl.\$159.00

Assortment of chicken, and lamb shish, lamb adana, chicken, and lamb gyro, and 1 piece lamb chop
- Ali Nazik Kebab

\$33.50

Grilled lamb skewer kebab. Served with eggplant with garlic yogurt
- Musakka

\$28.50

Sauteed ground meat comes with fried eggplant, vegetables, and rice



STEAKS

- Beef Shish Kebab

\$33.00

Marinated sirloin skewers, peppers. Served with rice, and salad
- Beef Filet Mignon W/ Mushroom Sauce

\$36.00

Served with grilled beef tenderloin mushroom sauce (or no mushroom), and mashed potatoes
- Grilled Rib Eye Steak

\$37.50

Served with mashed potatoes with asparagus



CHICKEN ENTRÉES

- Chicken Gyro

\$26.00

Layers of marinated chicken meat, wrapped around the large vertical split, and grilled in front of an ingenious herd of charcoal fire
- Chicken Adana Kebab

\$26.50

Hand chopped chicken, flavored with red bell peppers, gently spiced with paprika, garlic, and grilled on skewers. Served with rice, and salad
- Chicken Shish Kebab

\$28.00

Cubes of marinated chicken grilled on skewers, and served with rice, and salad
- Chicken Chops

\$28.00

Marinated, and grilled chicken chops. Served with rice, and salad
- Sauteed Chicken

\$29.00

Served with rice, as a side
- Chicken Wings W/ Buffalo Sauce

\$17.00

Served with French fries, and celery
- Grill Chicken Wings

\$27.00

Marinated chicken wings grilled to your taste



PASTAS

- Alfredo Pasta W/ Chicken

\$24.50

Fresh boneless, skinless chicken breast, minced garlic, heavy cream, Parmesan cheese, basil, and parsley
- Turkish Ravioli (Manti)

\$25.00

Ground meat, phyllo dough, garlic yogurt, and seasoning
- Cheese Spinach Ravioli

\$24.50

Served with asparagus, peppers, and pesto sauce
- Shrimp Alfredo (Penne or Fettuccine)

\$26.00

Fresh shrimp, minced garlic, heavy cream, parmesan cheese, fresh mushrooms, basil, and parsley
- Penne Alla Vodka

\$25.50

Penne pasta tossed in a rich and creamy tomato-vodka sauce, finished with garlic, chili flakes, parmesan, and a touch of cream
- Shrimp Scampi

\$29.50

A lighter take on a classic! Shrimp sautéed in a garlic sauce, tossed with asparagus, tomatoes, and angel hair
- Chicken Scampi

\$27.50

Chicken sautéed with fresh bell peppers, and red onions in a creamy scampi sauce. Served over angel hair pasta

