

TORONTO LIFE

THE DISH

The latest restaurant buzz, including what's opening, what's closing, and where to eat, drink and be seen

by [Andrew Brudz](#)

October 31, 2011 at 8:20 am

Weekly Lunch Pick: the exquisite exohico at Estiatorio Volos



The flaky beef and spinach pie at Estiatorio Volos (Image: Andrew Brudz)

Torontonians who work downtown rarely have the luxury of skipping over to the Danforth to satisfy a lunchtime craving for Greek food. The [recent launch](#) of **Estiatorio Volos**, however, means you can find uncommonly elevated Greek fare right in financial district. The restaurant, which captures some of the seaside ambiance of its namesake coastal city, is run by **Andreas Antoniou**, who took over his father's old space, **Mediterra**. The exohico (\$22) wraps an entire Greek menu in a crispy, buttery phyllo pastry parcel. It's stuffed with plenty of braised lamb, roasted tomatoes and spinach, with two gooey cheeses—kefalotyri and feta—to hold everything together. The exohico arrives in a pool of flavourful lamb jus, perfect for dipping. Spicy slivers of fennel give the simple arugula and tomato salad a nice little kick.

The cost: \$37 including tax, tip and a bottle of Alfa, a Greek lager (\$5.95)

The time: 80 minutes

Estiatorio Volos, 133 Richmond St. W., 416-861-1211, volos.ca