



# Thoughtful food

STORY BY Sarah Newcomb PHOTOS BY Jason Chow

**W**hen The Table was born its owner and visionary, Carol Cavallari, imagined a lifestyle restaurant that would embrace her ideal of living simply. She desired a restaurant where clean, whole, local foods would be used to create a flavourful and unique dining experience for each patron.

“What I wanted,” says Cavallari, “was a restaurant where people came through the door for a meal but left with so much more.”

And in the past two years, she has achieved this goal.

The Table exudes a warmth and welcoming spirit from the moment you walk through its doors. From the food – a selection of fresh, homemade soups, sandwiches, salads and juices- to the staff, the restaurant embraces its owner’s core values of connection and community.





### FRESH, LOCAL CUISINE

Established in April 2012 and nestled in the heart of downtown Oshawa, The Table has quickly become a home away from home for hungry breakfast and lunch diners.

Having worked for over 30 years in the culinary world and as a longtime Oshawa resident herself, Cavallari strongly believes that the location of The Table is part of its success. “Downtown is the heartbeat of any city,” she notes. “The Table has been my contribution to Oshawa, the city I live in and love.”

Warm soups, salads bursting with fresh and flavourful local ingredients, and nourishing juices and teas are the cornerstones of The Table’s menu. All ingredients are sourced as locally as possible, with frequent visits made to the Oshawa Farmer’s Market for constantly changing menu inspiration.

While Durham Region and Clarington provide the majority of seasonal fruits, vegetables and meats, ingredients are also sourced from the Niagara Region, the Kawarthas, Prince Edward County and Northumberland, all in keeping with The Table’s “local first” approach.

“We know where our ingredients come from and what is going into everything on our menu,” says Cavallari. “It is rare for a restaurant to know exactly how their food is grown and know that every effort is made to use ethically-responsible, sustainable ingredients, but The Table can.”

And that food is truly what makes people return to The Table day after day.

Almost the entire menu is made in-house daily, with approximately 95 per cent of offerings gluten-free and 75 per cent vegetarian-friendly.

A variety of regularly rotating soups – including Borscht, Red Lentil with Apples, Curried Carrot, and Pear and Parsnip, to name a few; salads – such as Sprouted Quinoa Salad, Caramelized Onions and Fresh Coconut, and Carrot and Pomegranate with Orange Pomegranate Ginger Vinaigrette; and featured dishes – including their famous pot pie, made with Cavallari’s delectable potato galette crust – create the “at home” food culture of The Table that can only be described as comfort food with a twist.

### COMMUNITY VALUES

“At the core of The Table is the community,” says Cavallari. “The Table is committed to giving back with expecting nothing in return.”

The familial concept of The Table, where food and friendship are shared and created, is the heartbeat of the restaurant. Walking through the doors of the restaurant, patrons are welcomed by a large communal table where they are invited to pull up a chair and converse with those around them if they wish.

But the restaurant is more than just that.

As Cavallari puts it, “The Table is an open door for people to walk through. Once they realize that they have an opportunity to give back to the community through the restaurant they embrace it with open arms.”

From raising over 1,000 pounds of rice for the local food bank via patron donations, to volunteers jarring over 100 jars of applesauce made from apples donated to the restaurant, to serving thousands of cups of “stone soup” to the community, The Table is living out its community values. »

“ We know where our ingredients come from and what is going into everything on our menu.”




- The menu changes every few days for a new and exciting dining experience every time!
- Using seasonal, local, sustainable and organic ingredients based on availability and quality.
- Large Wine List - 16 varieties by the glass, two glass sizes available.
- We offer a la carte Sunday Brunch (new menu weekly) and a Prix Fixe Sunday Roast Night.
- Many Artisanal cheeses and charcuterie offered Great selection of premium spirits and cocktails.
- Monthly Cooking Classes.
- Seated Private Room Available (up to 50).



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To further the spirit of creating community and giving without asking for anything in return, Cavallari has opened her restaurant to local groups looking for a place to hold meetings during the evening hours, at no cost to them. “The community of Durham Region has supported us wholeheartedly, and providing them with a space to meet and fellowship is the least we can do,” she says.

#### ENVIRONMENTAL STEWARDSHIP

But if good food and community are core values, sustainability and stewardship are the essence of what The Table is.

Cavallari created an open, community garden, housed at her own home, where food is grown and given.

Initiated by an afterschool program teaching students about where their food comes from, the communal garden is open to anyone who is willing to take what they need and, in turn, give back whatever they can. For some this means weeding, planting new seeds or leaving some of their own produce on Cavallari’s doorstep.

Their commitment to environmental stewardship does not stop there. The restaurant is committed to composting, reducing, reusing and recycling, ensuring the establishment is as garbage-free as possible. The Table even offers a discount to customers who bring in their own reusable containers to pack their food orders.

While the Table adds a delicious layer to the food culture in Durham Region with its fresh, local fare, its commitment to community-building and earth-honouring are really at the core of what makes this restaurant stand out.

You may go to The Table to satisfy a craving at lunch, but you leave with much more than a full belly. Each patron walks out the door with the innate understanding that they are part of something much larger than themselves.

A restaurant that embodies sustainability, warmth and community, The Table truly lives up to its “thoughtful food” mantra. 

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**Monday - Thursday 11am - 9:30pm. Friday & Saturday 11am - 10:30pm. Sunday 12 noon - 9:30pm.**



**Serving Lunch & Dinner.**  
**Takeout and Delivery.**  
**Gift Certificates**

Thai Hotspot wants to indulge your palette with the world’s most exotic and delicious cuisine.

Our menu offers an extensive selection of the most popular traditional Thai dishes, from non-spicy to extra spicy, as well as our chef’s signature creations which includes some fusion fare.

You will be blown away by a dining experience with exquisitely delicious flavours, an exceptional and courteous staff, as well as a cozy contemporary atmosphere.

