

Spoon Lickins

by Carol Kennedy

"After sampling some of our delicious soups, you will want to lick the spoon," predicts Matthew Carne. Matthew and his fiancée, Kendra Jordan, own the downtown lunch restaurant, Spoon Lickins. This new restaurant, open Monday to Friday from 11:00am to 5:00pm, is located at 146 Christina St. beside Gallery Lambton.

Spoon Lickins' fare is designed to be fresh, tasty and different. "I take the outmost pride in my menu,"

says Matthew. "We offer 6 soups, 6 wraps and 3 salads each day. I use fresh ingredients with homemade dressings and croutons. You will not find the usual tuna salad here. I put together different combinations for a new taste experience. And although we are called a gourmet lunch bar, we are not expensive – everything on the daily menu is priced under \$10."

At the age of 15, Matthew attended chef school in Peterbor-

ough and has never looked back. He has extensive training and experience in the culinary arts. For the last few years Matthew has worked at many local establishments, but owning his own restaurant has been a lifelong dream. "I had a need inside me to open up my own business," says Matthew. "This is my passion and I loved this building right from the start."

Matthew is clearly appreciative of the help he has received since opening Spoon Lickins in February. "It's all about family and friends when we moved in here. They have been so supportive. I couldn't have done the renovations to this building without their donations and advice. And although Kendra works at another bar in the area, she comes in to help at lunchtime. It's hard starting up."

You might see Matthew doing a little celebratory dance as he talks about his initial success. "We're in the black after the first month of operation. We are seeing 30 to 70 patrons a day for lunch and are doing a brisk takeout business as well. We will cater for groups from 5 to 500 with only a day or two notice." Matthew is fast becom-

ing known as "the soup guy" which he finds quite flattering. Spoon Lickins soups are now available to buy at the Farmer's Market on Saturdays.

Currently Matthew is leasing the space from the owners of the Temple Bar. This summer he has plans to open a barbeque area outside where people can order takeout or sit at a table on the patio. His long range plan is to open a fine dining restaurant upstairs. Trained as a fine dining chef, Matthew has been collecting flambé recipes for 10 years. "But I recognize the benefits of starting small."

According to Matthew, Spoon Lickins is fitting nicely into the downtown environment. "Residents and other business owners have been friendly and welcoming. I believe the downtown is resurging. First Fridays are awesome! I have purposely left my walls empty for local artists to display their work. The city is upgrading Christina Street - this will definitely be the trendy area of Sarnia."

For further information about Spoon Lickins, call Matthew Carne at 519-479-1651.



Matthew Carne