```
|\mid \text{Grouping}\mid \mid \text{First Header}\mid \text{Second Header}\mid \text{Third Header}\mid ------\mid :-----: \\ |\mid \text{Content}\mid \text{Long Cell}\mid \mid \text{Content}\mid \text{Cell}\mid \mid \text{Cell}\mid | New section \mid \text{More}\mid \text{Data}\mid \text{And more}\mid \text{With an escaped '|'}\mid \mid
```