Sean F. Moran
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OBJECTIVE

To secure a position where I can use my cooking skills

QUALIFICATION SUMMARY

Customer Service	Team Player	Fast Learner
Multi-Tasker	Detail Oriented	Hard Worker

EXPERIENCE HIGHLIGHTS

Restaurant Cook

- Prepared meals for large groups
- Bake, roast, broil, and steam meats, fish, vegetables, and other foods according to recipe.
- Portion, arrange, and garnish food, and serve food to waiters or patrons.
- Ensure food is stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, and roasters.

Short Order Cook

- Grill, cook, and fry foods such as French fries, eggs, and pancakes. .
- Take orders from customers and cook foods requiring short preparation times, according to customer requirements.
- Grill and garnish hamburgers or other meats such as steaks and chops.
- Perform food preparation tasks, such as making sandwiches, carving meats, making soups or salads, baking breads or desserts, and brewing coffee or tea.

Food Prep

- Clean and sanitize work areas, equipment, utensils, dishes, or silverware.
- Store food in designated containers and storage areas to prevent spoilage.
- Prepare a variety of foods, such as meats, vegetables, desserts, according to customers' orders or supervisors' instructions, following approved procedures. .
- Wash, peel, and cut various foods, such as fruits and vegetables, to prepare for cooking or serving.

Food Attendant

- Wipe tables or seats with dampened cloths or replace dirty tablecloths.
- Set tables with clean linens, condiments, or other supplies.
- Scrape and stack dirty dishes and carry dishes and other tableware to kitchens for cleaning.

EMPLOYMENT HISTORY

Prep Cook	Dirty Martini	San Francisco, CA
Prep Cook	Shadow Lounge	San Francisco, CA
Doorman	Gold Club	San Francisco, CA

EDUCATION

Hotel& Restaurant	City College San Francisco	San Francisco, CA
GED	John Adams High School	San Francisco, CA