

## Merissa Guess

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## Summary

Reliable barista with high school diploma and background in food service. Multi-tasking, fast but friendly service and cleanliness are some of my personal traits. With 3 years of experience as a barista, working with Starbucks and 8+ years in food service. Food handlers on hand.

## Education

**Franklin Heights High School**  
High School, Graduated June 2011

## Employment History

### Staybridge Suites

Kitchen Assistant , December 2017 - June 2018

Set up and break down dining area.

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.

- Load dishes, glasses, and tableware into dishwashing machines.
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- Receive and store food supplies, equipment, and utensils in refrigerators, cupboards, and other storage areas.
- Remove trash and clean kitchen garbage containers.
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- Scrape leftovers from dishes into garbage containers.
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- Vacuum dining area and sweep and mop kitchen floor.
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- Inform supervisors when equipment is not working properly and when food and supplies are getting low, and order needed items.

### Compass Group

Barista/Line Server/Cashier, May 2017 - December 2017

- Prepare or serve hot or cold beverages, such as coffee, espresso drinks, blended coffees, or teas.
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- Provide customers with product details, such as coffee blend or preparation descriptions.
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- Receive and process customer payments.
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- Set up or restock product displays.
- Clean or sanitize work areas, utensils, or equipment.
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- Portion out food for guests.
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- Follow all gaming regulations.
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- Maintain confidentiality of customers' transactions.

### Target

Barista, October 2013 - April 2017

- Check temperatures of freezers, refrigerators, or heating equipment to ensure proper functioning.
- Clean service or seating areas.
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- Create signs to advertise store products or events.
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- Prepare or serve hot or cold beverages, such as coffee, espresso drinks, blended coffees, or teas.
- 
- Provide customers with product details, such as coffee blend or preparation descriptions.
- 
- Receive and process customer payments.
- 
- Set up or restock product displays.
- Wrap, label, or date food items for sale.
- Clean or sanitize work areas, utensils, or equipment.
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- Demonstrate the use of retail equipment, such as espresso machines.
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- Describe menu items to customers or suggest products that might appeal to them.
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- Order, receive, or stock supplies or retail products.
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- Serve prepared foods, such as muffins, biscotti, or bagels.
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- Stock customer service stations with paper products or beverage preparation items.
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- Weigh, grind, or pack coffee beans for customers.

### Sonic Drive-In

Drive Thru , May 2013 - October 2013

- Serve customers in eating places that specialize in fast service and inexpensive carry-out food.
- Accept payment from customers, and make change as

necessary.

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- Request and record customer orders, and compute bills using cash registers, multicounting machines, or pencil and paper.
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- Clean and organize eating, service, and kitchen areas.
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- Notify kitchen personnel of shortages or special orders.
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- Communicate with customers regarding orders, comments, and complaints.
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- Prepare and serve cold drinks, or frozen milk drinks or desserts, using drink-dispensing, milkshake, or frozen custard machines.

### **Cox Concessions and Catering**

Server, April 2011 - January 2012

- Clean or sterilize dishes, kitchen utensils, equipment, or facilities.
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- Examine trays to ensure that they contain required items.
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- Place food servings on plates or trays according to orders or instructions.
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- Load trays with accessories such as eating utensils, napkins, or condiments.
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- Take food orders and relay orders to kitchens or serving counters so they can be filled.
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- Stock service stations with items such as ice, napkins, or straws.
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- Remove trays and stack dishes for return to kitchen after meals are finished.
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- Prepare food items, such as sandwiches, salads, soups, or beverages.
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**Prep Cooks Test**

**Score** / 20

Multiple Choice (1 point each)

d

1) A gallon is equal to \_\_\_\_ ounces

- a. 56
- b. 145
- c. 32
- d. 128

C

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

d

3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

b

4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

A

5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

C

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

A

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

A

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

C 9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

C 10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

C 11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

D 12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice, Mince
- d. Mince, dice, chop

C 13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

C 14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

A 15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

b 16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

## Prep Cooks Test

A

17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

A

18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

### Fill-in the Blank (1 point each)

19) Salt & pepper are the basic seasoning ingredients for all savory recipes.

20) mince : to cut into very small pieces when uniformity of size and shape is not important.