

Subas Nepali

📞 416-558-3178 ✉ Subas33nep@gmail.com 📍 Toronto, ON

Professional Summary

Kitchen professional with 2+ years of experience in high-volume restaurants. Expertise in **grilling, frying, and broiling** with strict food safety compliance. Proven ability to thrive in fast-paced environments while maintaining quality and efficiency.

Work Experience

Crew Member

Wendy's, North York, ON

May 2024 – March 2025

- Prepared burgers, sandwiches, and salads efficiently during peak hours
- Trained new staff on food safety protocols and kitchen procedures
- Maintained sanitation standards and adhered to cleanliness guidelines

Line Cook

Moxie's Grill & Bar, Richmond Hill, ON

Aug 2023 – Apr 2024

- Cooked appetizers and main dishes, ensuring consistent plating
- Collaborated with team to reduce ticket times during high-volume service
- Managed station setup and ingredient preparation

Line Cook

WAT-AH Jerk, Toronto, ON

Jan 2023 – Jun 2023

- Operated **grill and fry stations** during peak periods
- Maintained organized workstations while prepping daily ingredients
- Supported kitchen flow during high-demand shifts

Skills

Cooking Techniques

Grilling Frying Broiling

Kitchen Operations

Mise en place FIFO

Inventory Control

Food Safety

HACCP Sanitization

Temperature Monitoring

Equipment

Flat-top Grills Fryers Ovens

Soft Skills

Team Collaboration Time Management

Adaptability

Education

Social Service Worker Diploma
Centennial College, Toronto, ON

References

Rizel

General Manager, Wendy's
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