



TARIQ MENSAH

Food service professional with 11 years across quick service, hotel banquet, and full-service restaurants. Track record of running clean shifts, hitting labor targets, and training crews of 15+. ServSafe Manager certified with hands-on experience in inventory, scheduling, and guest recovery.

CONTACT INFORMATION



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Providence, RI

EDUCATION

Associate of Applied Science,
Culinary Arts
Community College of Rhode Island
May 2015

- ServSafe Manager Certification, 2022 (renewed)
- TIPS Alcohol Service Certification, 2021

KEY SKILLS

- Shift supervision and scheduling
- Labor and food cost control
- Banquet and plated event service
- Line stations: grill, sauté, pantry, fry
- Inventory, ordering, and FIFO
- POS: Toast, Aloha, Micros
- Health inspection readiness
- Guest recovery and de-escalation
- Crew training and onboarding

PROFESSIONAL EXPERIENCE

Shift Supervisor | Harborlight Bistro, Providence, RI
February 2021 - Present

- Open or close 4-5 shifts per week for a 110-seat bistro, supervising a crew of 12 on the floor and in the kitchen.
- Cut weekly food waste by about \$1,840 by tightening prep sheets and rotating walk-in stock daily.
- Hold labor to 27-29% of sales most weeks by adjusting cuts in real time based on covers.
- Handle guest complaints at the table and recover roughly 9 in 10 without a comp larger than a dessert.
- Lead pre-shift on specials, allergens, and 86'd items so servers do not promise what the line cannot deliver.

Banquet Captain | Greylock Harbor Hotel, Providence, RI
September 2018 - January 2021

- Ran banquet service for weddings, conferences, and galas of 150 to 425 guests.
- Directed a floor team of up to 18 servers and bussers across plated and stations service.
- Coordinated timing with the chef and event lead so first course hit tables within a 12-minute window.
- Trained seasonal staff each spring on tray service, wine pours, and dietary card handling.
- Closed event paperwork and tip-out sheets the same night to keep payroll clean.

Line Cook | Stonebrook Tavern, Pawtucket, RI
June 2016 - August 2018

- Worked grill and sauté on a four-person line averaging 220 dinner covers on Friday and Saturday.
- Built prep lists for the next day during slow afternoons, cutting morning prep time by about 40 minutes.
- Cross-trained on pantry and fry stations and covered all three when callouts hit.
- Maintained station temps, labels, and FIFO rotation through three passing health inspections.