# **Michael R.D. Vontress**

**401 S. Emporia 316-265-5211 ext. 208**

Wichita, KS 67202 **wwrf.mvontress@outlook.com**

Construction / Handy Man / Assembly Line / Cook / Line Cook / Bar Security / Kitchen Utility

SUMMARY OF QUALIFICATIONS

* 17+ years in the food service industry
* Comfortable working alone or in a team environment
* Extremely hard working and enjoys taking on new challenges
* Ambitious and energetic employee
* Self-motivated and diligent worker
* Excellent work safety history
* Very punctual with a strong work ethic
* Great attention to detail
* Ready and willing to work any and all overtime opportunities
* Great listening and communication skills
* Fast leaner and eager to learn new skills

INDUSTRIAL WORK EXPERIENCE

* Mikalwane Handyman Service Handyman Wichita, KS 2012 – 2013
* Worked with residential customers fixing small household issues
* Performed painting, electrical, landscaping, demolition and light construction projects
* Wescon Assembly Line Worker Wichita, KS 2005
* Worked on an assembly line operating a variety of machines to create lawnmower parts
* Communicated with many works on the team to ensure smooth line operation and part production
* Plastic Fab Trim Shop Worker Wichita, KS 2001
* Cut fiberglass parts to shape product for finishing
* Drilled holes and installed parts on finished fiberglass pieces

FOOD SERVICE WORK EXPERIENCE

* Bourbon Street Bar & Grill Cook Wichita, KS 2014 – 2015
* Cooked meals in a commercial kitchen using a grill, flattop and fryer
* Prepared items for the hot and cold lines
* Margarita’s Cantina Line Cook Wichita, KS 2015
* Cook on flattop grill to prepare ready to order menu items
* Maintained and stocked the supply room including performing monthly inventories
* Albero Cafe Line Cook Wichita, KS 2014
* Prepared items for the hot and cold lines
* Maintained the stock room and performed monthly inventories and audits
* The Place Bar & Grill Cook/Security Wichita, KS 2007 – 2014
* Prepared meals to order using a variety of commercial kitchen equipment
* Maintained patron surveillance and security
* Carrabba’s Italian Grill Line Cook Wichita, KS 2006 – 2007
* Created menu items including salads, pizzas and appetizers as ordered by customers
* Prepared items for the hot and cold lines