



THEO RESHIT

Head Chef
Consultant Chef
R&D Chef

CONTACT

- +44 7858 411358
- theo.lichi@gmail.com
- London, U.K.

SKILLS

- Creativity
- Critical Thinking
- Leadership
- Advanced Mediterranean & Fusion Cuisine
- Kitchen & Team Management
- Menu Innovation & Tasting Menus
- Culinary Concept Development
- Restaurant Consulting
- Ingredient Sourcing & Trend Integration
- Cost Control & Operational Efficiency
- Food Safety & Hygiene Compliance (HACCP)
- Modern Plating & Visual Presentation
- Staff Training & Chef Mentorship
- Multilingual & Cross-Cultural Communication

LANGUAGE

English
Greek
Albanian

ABOUT ME

I am a culinary artist and visionary Head Chef with over a decade of mastering flavors and crafting experiences. My passion lies in transforming fresh, quality ingredients into innovative dishes that tell a story — blending Mediterranean tradition with modern creativity. Whether leading a dynamic kitchen team, designing bespoke menus for exclusive venues, or serving as a personal chef, I bring precision, inspiration, and originality to every plate. I'm not just creating food — I'm creating memories.

Explore my culinary journey and portfolio at: [\[Visit my site\]](#)



EDUCATION

Ι.Σ.Α.Ε.Κ. Δήμου Βόλου
(Municipality of Volos Vocational School)
Technical Diploma in Culinary Arts – Head Chef Certification
2013 - 2015

EXPERIENCE

Chef 2013 – 2018

Kassandra Bay Skiathos

This was the foundation of my professional journey as a chef. Working in a dynamic hotel kitchen for five years taught me discipline, precision, and the rhythm of high-volume service. It was the place where passion turned into profession.

Head Chef 2019 - Present

OPSO Restaurant

Head Chef and Consultant Chef at OPSO London, leading a talented kitchen team to deliver modern Greek cuisine with authentic flavors. Responsible for menu development, quality control, and innovation to create exceptional dining experiences.