

Cook

Amritsari Flames

Job ID

39336

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LOCATION	DATE POSTED	EXPIRY DATE	
70 Consumers Dr, Saint John, NB New Brunswick	08-03-2026	04-09-2026	
TYPE OF JOB	SALARY	MIN. EXPERIENCE	MIN. EDUCATION
Full Time	CAD \$23.00 per hour	1 year to less than 2 years	Secondary (high) school graduation certificate

Job Details

Amritsari Flames is currently looking for a full-time Cook to join our team in Saint John, New Brunswick. The successful candidate will be responsible for preparing high-quality meals and maintaining food safety and kitchen standards in a fast-paced restaurant environment.

Position Details

Job Title: Cook

No. of vacancies: 1

Job Type: Full-time, Permanent

Hours: 32-40 hours per week

Overtime: \$23.85 per hour after 44 hours per week

Benefits: 4% vacation pay

Work Schedule:

Morning, Day, Evening, Weekdays and Weekend shifts

Language Requirement:

English

Job Description

Job Responsibilities:

- Prepare and cook a variety of authentic Indian dishes and full meals according to the restaurant's recipes and standards.
- Prepare specialty dishes and accommodate dietary requirements
- Coordinate and supervise the activities of kitchen helpers and support staff.
- Assist in overseeing daily kitchen operations to ensure efficiency and food quality.
- Maintain inventory and keep records of food ingredients, kitchen supplies, and equipment.
- Set up and manage buffet stations when required for special events
- Ensure the kitchen, cooking equipment, and work areas are kept clean and sanitized.

Assist in menu planning, determine portion sizes, estimate food requirements and costs, and monitor supply levels.
Support the hiring and training of kitchen staff when needed.

Work conditions and physical capabilities

Attention to detail

Fast-paced environment

Physically demanding

Repetitive tasks

Standing for extended periods

Work under pressure

How to Apply

Interested candidates are invited to apply by email:

Rupinderjit.84@gmail.com

Amritsari Flames is an equal opportunity employer. We encourage applications from Indigenous peoples, newcomers to Canada, youth and all qualified individuals who are interested in building a career in the culinary and hospitality industry.

We strongly encourage young applicants, including those whose relevant experience has been acquired through part-time positions, co-op placements, or internships.

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