

## COOK

The Flats

Job ID

**41031**

VIEW THIS JOB ONLINE: <https://www.firstnationsjob.com/jobs/41031>

|                                                         |             |                                |                                                      |
|---------------------------------------------------------|-------------|--------------------------------|------------------------------------------------------|
| LOCATION                                                | DATE POSTED | EXPIRY DATE                    |                                                      |
| 2045 Prince of Wales Drive, Regina, SK <br>Saskatchewan | 03-09-2026  | 02-03-2027                     |                                                      |
| TYPE OF JOB                                             | SALARY      | MIN. EXPERIENCE                | MIN. EDUCATION                                       |
| Full Time                                               | CAD 17.50   | 1 year to less than 2<br>years | Secondary (high)<br>school graduation<br>certificate |

### Job Details

#### JOB POSTING – COOK

Company: The Flats Eatery & Drink

Business Address and Work Location: 2045 Prince of Wales Drive, Regina, Saskatchewan, S4V 3A3

Position: Cook

NOC: 63200

Number of Vacancies: 2

Employment Type: Permanent, full-time

Work Location: On-site; there is no option to work remotely

Wage: \$17.50 per hour

Hours: 40 hours per week

Overtime: \$26.25 per hour after 8 hours per day or 40 hours per week, in accordance with Saskatchewan employment standards

Schedule: Morning, day, evening and weekend shifts

Expected Start Date: As soon as possible

Language of Work: English

Work Setting: Restaurant and bar

#### Job Duties

The Cook will perform the following duties:

- Prepare and cook complete meals and individual dishes according to the restaurant's recipes and quality standards.
- Determine appropriate food portions and assist with monitoring food costs.
- Assist with menu planning and estimate the quantities of food and ingredients required.
- Prepare suitable dishes for customers with food allergies, intolerances or other dietary requirements.
- Inspect kitchen, food-preparation and storage areas to ensure cleanliness and compliance with food-safety standards.
- Train kitchen staff in food preparation, cooking methods and safe food-handling procedures.
- Order food, kitchen supplies and equipment as required.
- Supervise kitchen helpers and coordinate food preparation during assigned shifts.
- Maintain inventory and records of food, supplies and kitchen equipment.
- Clean and sanitize kitchen equipment, workstations and food-preparation areas.

## Employment Requirements

- Completion of secondary school is required.
- A minimum of one year and less than two years of relevant cooking experience is required.
- A valid Food Safety Certificate is required.
- Experience preparing Canadian and international cuisine is preferred.
- The successful candidate must be willing to complete a criminal record check.
- The candidate must be able to work efficiently in a fast-paced and physically demanding environment.
- The candidate must be organized, dependable and able to work effectively as part of a team.
- The candidate must be available to work morning, day, evening and weekend shifts.

## Who Can Apply

The employer welcomes applications from Canadian citizens, permanent residents of Canada and temporary residents of Canada who hold valid authorization to work in Canada.

## How to Apply

Please submit your current resume by email to:

[careers\\_regina@theflatseatory.ca](mailto:careers_regina@theflatseatory.ca)

Please include "Cook - Regina" in the subject line of your email.

Applicants may also apply directly through the job-posting website.

Only applicants selected for further consideration will be contacted.