

Prep Cook

Keltic Lodge is a historic resort located in the heart of the magnificent Cape Breton Highlands National Park, proudly overlooking the Atlantic Ocean. Home to the #5 Golf Course in Canada and part of the Golf North family, we truly are a premier destination for hospitality, golf, and relaxation. Just 2 hours from Sydney, NS, and a 5-hour drive from Halifax, the resort has been welcoming guests to Cape Breton, Nova Scotia since July 1940.

We are looking for a disciplined and efficient **Prep Cook** to join our culinary team. You will be responsible for the "mise en place"—the essential preparation of ingredients that fuels our multiple dining outlets. This role requires excellent time management, sharp knife skills, and a commitment to consistency, ensuring that every sauce, vegetable, and protein is prepped to our exact specifications. If you are passionate about providing world-class guest service and thrive in a fast-paced, scenic environment, we offer the unique opportunity to live, work, and grow within Canada's largest multi-course golf operator. We are seeking committed, enthusiastic team members ready to contribute to another successful season of memorable experiences for our guests.

What we offer:

- Competitive wages
- Gratuity program
- Staff golf at Cape Breton Highlands Links, subsidized staff accommodations, staff discounts on branded merchandise and select local attractions
- Family and Friends rates
- Training and development to support personal & professional growth
- Career advancement opportunities within the company
- Opportunity to work with world-class local seafood and seasonal Nova Scotian produce.
- Learn advanced techniques under the guidance of our Executive and Sous Chefs.
- Live and work in the stunning Cape Breton Highlands with a team of like-minded professionals.

Essential duties include, but are not limited to:

- Set up and "mise en place" your assigned station for success. Ensure all ingredients are fresh, prepped, and ready before service begins.
- Assist in the preparation of large-batch items for banquets and buffet service, ensuring consistency in flavor and texture.
- Accurately portion proteins and ingredients by weight or volume to manage food costs and ensure uniform plate presentation.
- Follow standardized recipe cards precisely to maintain the "Keltic Standard" across all outlets.
- Monitor fridge and pantry levels. Practice FIFO (First In, First Out) to ensure all ingredients are used at peak freshness and minimize waste.
- Assist with receiving and unloading food deliveries, ensuring items are stored at the correct temperatures immediately.
- Maintain a clean and organized prep station. Clean and maintain industrial kitchen equipment (e.g., meat slicers, food processors, immersion blenders) safely.
- Complying with the Occupational Health & Safety Act and GolfNorth Health & Safety program.

Qualifications:

- 1 year of kitchen experience preferred, but we are willing to train candidates with a strong work ethic and basic culinary knowledge.
- Proficient knife skills (speed and safety are essential).
- Ability to follow complex instructions and maintain high standards for food quality.
- Ability to stand for long periods and perform repetitive tasks (e.g., dicing 50lbs of onions) with consistency. Ability to lift up to 50 lbs.
- Food Handlers Certificate is required.
- Punctuality is non-negotiable. Must be available for a variety of shifts, including early mornings, late nights, and weekends.

Language Requirements:

- **Fluency in English** (written and verbal) is required for all positions to ensure effective communication across the resort.

- **Proficiency in French** or other languages (e.g., German, Spanish, Mandarin) is considered a **significant asset** for customer-facing roles.

Working Conditions:

- Bending, balance, lifting (up to 50 lbs.), extended periods of standing
- Ability to remain on your feet for extended periods.

Application question(s):

- Would you be able to reliably commute to Ingonish Beach, NS B0C 1L0 for this job? If you are unable to reliably commute, are you planning to relocate?
- If No to the above, do you require housing accommodations?

Visa Requirements: Must be legally authorized to work in Canada. The hotel is unable to assist candidates in obtaining Canadian work authorization.

To Apply:

Please submit your resume and cover letter to careers@kelticlodge.ca