

Freya Lund

Barista

Manchester 07700 900181 freya.lund@example.com

Profile

Barista with four years in independent and chain coffee shops, making up to 120 drinks an hour in the morning rush. Dials in espresso each morning, pours consistent latte art and keeps the bar clean and stocked. Friendly with regulars and quick with new ones. Looking for a senior barista or shift supervisor role.

Experience

Barista, Northern Quarter Coffee, Manchester	2023–present
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- Make up to 120 drinks an hour at peak on a two-group machine, keeping wait times under five minutes.
- Dial in espresso at opening and check grind and yield through the day.
- Open and close the shop, cash up the till and complete cleaning and temperature records.
- Order milk and pastries for the next day and rotate stock.
- Train new baristas on drinks, milk texturing and the till.

Team Member, Station Coffee Co., Manchester Piccadilly	2022–2023
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- Served commuters on a busy station kiosk at a fast, steady pace.

Training

Level 2 Food Safety and Hygiene for Catering	2023
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Barista skills course	2023
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GCSEs including English and Maths	2021
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Skills

- Espresso dialling-in and milk texturing
- Latte art
- Fast, friendly service at peak
- Opening, closing and cashing up