



ANTONIA MAE DANTE

ABOUT ME

I have spent the last several years traveling and working across the world. Exploring new places and immersing myself in different cultures has become a true passion of mine and is what ultimately led me to entering the food world. My food is inspired by my travels and many different cuisines, with a strong focus on creating nourishing food with whole, seasonal, and often plant-based ingredients. I view cooking as an opportunity to bring people together and prioritise family-style dinners allowing for shared experiences and eating. I let creativity drive me and ensure my plates are as aesthetic as they are nourishing.

CONTACT

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🇬🇧 British

📍 Leeds, UK

SKILLS

Food Hygiene & Safety Certified

Wellness & Nutrition-Focused Cuisine

Menu Planning & Recipe Development

International Cuisine

Plant-Based & Vegetarian

Seasonal & Sustainable Ingredients

Guest-focused Service

Attention to Detail

Adaptability, Flexibility & Time Management

Calm under Pressure

LANGUAGES

English ●●●●

Mandarin Chinese ●●●●

Spanish ●●●●

REFERENCES

References available upon request

PREVIOUS EXPERIENCE

Soulscape Shala, Yoga & Pilates Retreat, Crete, Greece

Assistant Chef

June 2026

- Accompanied the Head Chef with ingredient purchasing & inventory control
- Assisted with bespoke menu planning, tailored to individual dietary requirements & allergies
- Supported daily food preparation of fresh ingredients, sauces, salads, desserts, breads & other components
- Maintained excellent kitchen organisation, cleanliness & food hygiene standards throughout retreat
- Supported the smooth running of group meals, ensuring dishes were prepared & presented on time

Food & Catering, Leeds, UK

Self-Employed

May 2026 - present

- Provide bespoke catering for private dinner parties
- Supply my client with matcha-based baked goods & bespoke syrup bases for drinks, collaborate on menu specials, flavours & recipes
- Developed & produced my own range of plant-based, protein-dense, gluten-free, refined-sugar-free snacks, desserts & beverages
- Supplied original products at wellness events, handling production, packaging & presentation, as well as customer service & sales

La Reserva Naturaleza & Arte, Buenos Aires, Argentina

Retreat Assistant

March - December 2025

- Assisted with guest arrivals & day-to-day enquiries
- Helped prepare retreat spaces & dining areas
- Assisted with catering & refreshments, including preparation & service of healthy, wellness-focused food & beverages
- Collaborated with retreat team to create a warm & peaceful environment

Kofi&Co. Leeds, UK

Barista / Front of House

November 2024 - January 2025; February - June 2026

- Ran the floor, seated customers, processed orders, took payments
- Opened and closed the cafe, maintained daily standards, cashed up
- Prepared espresso-based beverages, matcha-based beverages & smoothies

WAVE Surf Club & Hostel, Sanya, China

Front of House

September 2023 - July 2024

- Provided customer service for guests & assisted with booking excursions
- Maintained high standards of cleanliness in guest rooms & communal spaces

EDUCATION & QUALIFICATIONS

TEFL GRADUATE

Professional 120 hour course

2019

University of York

BA Hons, English Literature & History, 2:1

2016-2019

Harrogate Grammar School

A-Levels (English Literature, History, Politics, Art)

2014-2016