

IOWA ATHLETIC CLUB (IAC) MENU PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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1. Where is the empty can storage located?

- A. Next to the dump station.
- B. Behind the walk-in cooler.
- C. Behind the bar.
- D. In the back office.

2. French onion and Chicken tortilla belong to which menu category?

- A. Bats and bites
- B. Salads
- C. Wings
- D. Soups

3. Which wine is a Chardonnay?

- A. Seaglass (rose)
- B. Nobilo (sauvignon blanc)
- C. Clos du Bois (chardonnay)
- D. Gabbiano (pinot grigio)

4. Which action is NOT part of properly handling a severe nut allergy?

- A. Reuse the same utensils after a quick rinse with water.
- B. Inform the kitchen and confirm nut-free preparation; use dedicated utensils and surfaces if possible.
- C. Verbally confirm with the kitchen.
- D. Flag the allergen in the order and add a kitchen note.

5. Which draft beer is a Mexican lager?

- A. Coors Light (lager)
- B. Exile Swarm (golden ale)
- C. Modelo (Mexican lager)
- D. Bud Light (lager)

6. What describes Craft Concepts Group?

- A. They own all the restaurants in the area and serve as the umbrella.
- B. They are a marketing firm for the hospitality industry.
- C. They are the umbrella for all the restaurants and own them.
- D. They operate a food truck fleet.

7. NOT listed as a salad dressing option?

- A. Caesar
- B. Thai Peanut
- C. Ranch
- D. Ketchup

8. How should you respond when a guest asks about ingredients origin and the kitchen cannot disclose suppliers?

- A. Provide known origin if available or offer to check with the kitchen; avoid misrepresentation.
- B. Refuse to answer entirely.
- C. State that origin is confidential and cannot be discussed.
- D. Provide mock origin to satisfy curiosity.

9. Which statement is true about the drawers below the expo line?

- A. The drawers below the expo line contain to-go materials.
- B. The drawers above the expo line contain to-go materials.
- C. They are located under the freezer.
- D. They store cleaning supplies.

10. What is 'cherry picking'?

- A. Grabbing my orders before one that's been done
- B. Picking cherries from a bowl
- C. Selecting the cheapest ingredients
- D. Choosing the best cherries

Answers

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1. A
2. D
3. C
4. B
5. C
6. C
7. D
8. A
9. A
10. A

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Explanations

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1. Where is the empty can storage located?

- A. Next to the dump station.
- B. Behind the walk-in cooler.
- C. Behind the bar.
- D. In the back office.

Placing empty can storage where the dishwashing and waste flow is most efficient keeps operations smooth and sanitary. Next to the dump station is ideal because staff can quickly and cleanly transfer empties to a dedicated area that's close to where waste and rinsing occur, minimizing trips and maintaining a tidy service line. Other spots disrupt this flow or clutter guest areas: behind the walk-in cooler isn't ideal for waste-related storage and can slow access to inventory; behind the bar puts empties in a high-traffic, guest-facing space and creates clutter; in the back office isolates the storage from the people who need it during service, causing unnecessary steps.

2. French onion and Chicken tortilla belong to which menu category?

- A. Bats and bites
- B. Salads
- C. Wings
- D. Soups

Both items are soups, meaning they are liquid-based dishes served hot in a bowl with a broth or stock as the base. French onion soup centers on caramelized onions in beef or vegetable broth, often topped with melted cheese and a crouton. Chicken tortilla soup is a broth-based dish that includes chicken, vegetables, and tortilla strips, usually seasoned and served as a soup. On a menu, soups are grouped together because of this common format and serving style, not with salads (cold greens), wings (finger food), or bites (small plates). So they naturally belong in the soups category.

3. Which wine is a Chardonnay?

- A. Seaglass (rose)
- B. Nobilo (sauvignon blanc)
- C. Clos du Bois (chardonnay)
- D. Gabbiano (pinot grigio)

Recognize the grape variety by the label. Chardonnay is a white grape, and the wine labeled Clos du Bois indicates Chardonnay on the bottle. The other options show different grape names on their labels—Seaglass is a rose (a pink wine), Nobilo is Sauvignon Blanc, and Gabbiano is Pinot Grigio. So the Clos du Bois wine is the Chardonnay.

4. Which action is NOT part of properly handling a severe nut allergy?

- A. Reuse the same utensils after a quick rinse with water.
- B. Inform the kitchen and confirm nut-free preparation; use dedicated utensils and surfaces if possible.**
- C. Verbally confirm with the kitchen.
- D. Flag the allergen in the order and add a kitchen note.

Handling a severe nut allergy safely hinges on preventing cross-contact and ensuring everyone involved is aware of the nut-free status. The safest approach is to prevent any transfer of nut residues by using dedicated utensils and surfaces or by following proper cleaning protocols, and by clearly communicating the allergy to the kitchen and documenting it in the order so staff verify nut-free preparation. The action that does not fit this safe approach is reusing the same utensils after a quick rinse with water. Quick rinsing does not reliably remove all nut residues or oils, and traces can remain on utensils or boards, leading to cross-contact with safe foods. In contrast, informing the kitchen, confirming nut-free preparation, using dedicated utensils and surfaces, verbally confirming with staff, and flagging the allergen in the order are all part of properly handling a nut allergy because they actively prevent exposure. So, the unsafe step to avoid is reusing utensils after a brief rinse; the correct practices involve proactive communication, dedicated tools and areas, and clear documentation to maintain a nut-free environment.

5. Which draft beer is a Mexican lager?

- A. Coors Light (lager)
- B. Exile Swarm (golden ale)
- C. Modelo (Mexican lager)**
- D. Bud Light (lager)

Mexican lager refers to a pale, refreshing lager that comes from Mexico or follows the Mexican lager style, usually with a clean malt backbone and a crisp finish. Modelo fits this profile as a classic Mexican lager produced by Grupo Modelo (now part of AB InBev), known for its smooth, easy-drinking character that matches the style. The other options don't align with the Mexican lager category: Coors Light and Bud Light are lagers from the United States, not Mexico, and Exile Swarm is a golden ale, which uses a different yeast and fermentation process and yields a different flavor. So Modelo is the best match for a Mexican lager.

6. What describes Craft Concepts Group?

- A. They own all the restaurants in the area and serve as the umbrella.
- B. They are a marketing firm for the hospitality industry.
- C. They are the umbrella for all the restaurants and own them.**
- D. They operate a food truck fleet.

Craft Concepts Group operates as the parent company that owns the brands and provides centralized leadership and support for all the restaurant concepts under its umbrella. That means they oversee and own the restaurants, making them the overarching structure that holds and guides every concept. The other options describe activities that don't fit this role—marketing only, a localized ownership scope, or running a food truck fleet—so they don't capture the full relationship the group has with its restaurants.

7. NOT listed as a salad dressing option?

- A. Caesar
- B. Thai Peanut
- C. Ranch
- D. Ketchup**

Think about what tends to be used to coat and flavor greens in a salad. Caesar, Thai Peanut, and Ranch are all established dressings with textures and ingredients designed to cling to leaves and balance acidity, fat, and flavor for a salad. Ketchup, on the other hand, is a tomato-based condiment meant for dipping or topping foods like burgers and fries; it's thick and sweet-sour in a way that doesn't mix well with greens or provide the typical dressing balance. So ketchup isn't listed as a salad dressing option.

8. How should you respond when a guest asks about ingredients origin and the kitchen cannot disclose suppliers?

- A. Provide known origin if available or offer to check with the kitchen; avoid misrepresentation.**
- B. Refuse to answer entirely.
- C. State that origin is confidential and cannot be discussed.
- D. Provide mock origin to satisfy curiosity.

When guests ask about where ingredients come from, answer with honesty and practicality. Share the origin if you actually know it, and if you don't have the information, offer to check with the kitchen and get back to them with verified details. This keeps information accurate, avoids misrepresentation, and respects any confidentiality around suppliers while still giving the guest useful, trustworthy information. Avoid guessing a supplier or fabricating an origin, and don't simply refuse to answer, as both can damage trust and mislead the guest.

9. Which statement is true about the drawers below the expo line?

- A. The drawers below the expo line contain to-go materials.**
- B. The drawers above the expo line contain to-go materials.
- C. They are located under the freezer.
- D. They store cleaning supplies.

Placing to-go materials where the expo line is used for final assembly keeps packaging items (bags, containers, lids, wraps, utensils) close at hand during order completion. This setup speeds service because the expeditor can grab everything needed in one spot as the order is packaged and sent out, reducing extra steps and movement. The other options don't fit because storing to-go items in drawers above the expo line would slow access, under the freezer would place them in an inappropriate zone, and using that space for cleaning supplies mixes functions and creates clutter.

10. What is 'cherry picking'?

A. Grabbing my orders before one that's been done

B. Picking cherries from a bowl

C. Selecting the cheapest ingredients

D. Choosing the best cherries

Cherry picking means choosing the most favorable items from a larger set, often to gain an advantage or tailor what you take to what benefits you most. In a restaurant or service context, this can show up as prioritizing your own orders and taking them ahead of others that are already in progress, which is a practical way of illustrating the idea of selecting the best or most desirable items from what's available. So, the option that describes grabbing my orders before one that's been done fits this concept by signaling prioritization of preferred items from the pool of orders. The other options describe literal picking of cherries or focusing on cost/quality alone, which don't capture the broader idea of selecting the most favorable items from a set.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://iacmenu.examzify.com>

We wish you the very best on your exam journey. You've got this!

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