

## CATERING AND BACKSTAGE RIDER – IOTA

Sally Barker, annA rydeR and Marion Fleetwood – Hospitality needs

### **Upon arrival:**

**DRINKS** (Please provide a kettle) **tea & coffee, water, fruit juice (e.g. apple)**

### **SNACKS**

**Fresh Fruit, Nuts/other** (e.g. apples, satsumas/oranges, bananas, kiwi fruit etc)  
dried figs/dates) (E.g. smoothies/fruit juices unsalted nuts selection)

**Salads** (e.g. Smoked salmon, lettuce, cucumber, rocket, tomatoes, radish, beetroot, etc)+ **salad dressing & vinaigrette to add**

**Pretzels, plain crisps, brown-type breads only please**

**Biscuits, chocolates, cake will be gratefully accepted!**

### **For the show:**

#### **DRINKS**

**Fresh filtered or bottled water** (with and without gas please)

**Bottled beer/real ale type, red wine, if possible, Prosecco.**

### **IN THE DRESSING ROOM PLEASE PROVIDE:**

**Mirror of some type, 3 small towels and hand soap** (iron + ironing board can be useful)

### **After Soundcheck:**

#### **HOT MEAL**

**Please provide a hot meal before the show. At least one vegetarian meal please.**

**If no hot meal, please provide salad, wholemeal bread sandwiches etc eg egg, cheese, salmon etc**

### **ACCOMMODATION**

**3 Single rooms & breakfast please (porridge, cereal, toast/ full cooked)**