

ECHO TOWN CATERING RIDER

THERE ARE TWO MEMBERS OF THE BAND, RIC AND ROB, THEY OCCASIONALLY HAVE ONE OR TWO CREW.

FOOD / DRINK

THE BAND IS **COMPLETELY SOBER** SO BOTTLED WATER ONLY. THEY EAT A **STRICT CLEAN MEAT BASED DIET** OF ONLY **STEAK OR MINCED BEEF (20% FAT), EGGS AND FRUIT.**

THEY HAVE VARIOUS FOOD INTOLERANCES AND IT IS IMPORTANT THAT THE ABOVE IS ADHERED TO.

NO COOKING IN SEED OILS, SPICES, SAUCES OR DAIRY. SEE CONTACT DETAILS BELOW FOR ANY QUESTIONS.

HOT DRINKS: TEA, COFFEE. 2 X HOT MEALS ARE EXPECTED BEFORE THE PERFORMANCE, IF CREW ARE IN ATTENDANCE, THEN CATERING FOR CREW IS ALSO REQUIRED. THE DIETARY REQUIREMENTS OF CREW WILL BE MORE RELAXED.

PLEASE CHECK WITH **RIC (GUITARIST) +447500829717** IF YOU HAVE QUESTIONS.

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