

As you can imagine, living on the road makes it difficult to maintain a healthy lifestyle and dietary regimen. We value keeping our company as healthy, happy, and as nutritionally sound as possible. Sometimes the rider goes out with our contract years before the date of the performance. Due to regular changes in personnel, please review this rider carefully as it reflects the dietary restrictions and needs of our current company.

Via email, you will receive our meal schedule at your venue which will note what type of meal (breakfast, lunch or dinner) is being requested at what time for how many company members. If we are dining for more than one meal in your facility, please provide dietary variety between the meals. Also, it is important that in addition to food and beverage, utensils, plates, napkins, serving utensils and any other necessary dining-ware is provided. The company will need a place to dine that is large enough for all members to sit and eat comfortably that is **not a dressing room**. If space does not allow for a non-dressing room dining area, please advise in advance as it will affect our wardrobe load-in. We are more than willing to share facilities and meals with local crew members. However, please let us know in advance if the crew will be eating with us, and increase the amount of food ordered and dining space provided accordingly. **If only our 3 person crew is being fed, the meal may be as simple as handing them a delivery menu when they arrive and having them select items from it.**

Unless the meal is specified as a crew meal (which would only entail feeding 3 people), please plan on feeding our entire company of **24 persons**. Whenever possible, we appreciate a meal consisting of two entrees to increase dietary flexibility amongst the company.

#### **DIETARY RESTRICTIONS:**

- 1 person is vegetarian – and she is on the crew so will need to be considered for the crew meals as necessary. She does eat fish and shellfish.
- 2 persons are lactose intolerant. They will not eat heavy cream-based sauces or sides (no alfredo sauce, stroganoff, creamy potatoes, etc.). If these sauces are necessary for a meal you are planning, please have all sauces on the side.
- 2 persons are diabetic. Typically this does not require any adjustments to the menu, but it does mean that sugar-free beverages are required (issues often arise when there is a lemonade and iced tea service where both options are sweetened).
- 6 persons do not eat fish.
- 2 persons do not eat Chinese food.

The following are meal suggestions which you may mix and match, but please feel free to stray from these suggestions if you have local specialties or caterers who may bring a healthy variety to what is listed below.

#### **All Day:**

- Our company requires a minimum of 48 bottles of room temperature water available on stage 2 and a half hours before every performance (sound check). On a two show day that is a total of 96 bottles of water.
- 2 cans of regular coke.
- Peanut butter, jelly, and whole grain bread (this is a safety net in case anyone with a dietary restriction is concerned about the meal being served).
- Regular coffee (we will gladly brew for ourselves if a coffee maker, grinds, filters, cups, creamers & sugars are at our disposal).

#### **Breakfast:**

- Hot breakfast is preferred (eggs, breakfast meat, breakfast sandwiches, oatmeal, toast, etc.).
- If hot breakfast is not available, cold options include: selection of bagels and cream cheeses, variety of yogurt, fresh fruit, juice, coffee, and tea.



## Hospitality Rider

Maddie Regan, Asst. to the Producer  
304.904.6343 | [maddieregan@inthemoodlive.com](mailto:maddieregan@inthemoodlive.com)

---

### Lunch:

- *Pasta bar*: a few different types of pasta and sauces so people can mix and match.
- *Baked potato bar*: baked potato for everyone with a variety of toppings to choose from.
- *Deli platter*: a variety of meats, cheeses, breads, toppings, and condiments (no pre-made sandwiches). Should include a pasta salad and chips. **No White Bread**. Tuna salad can be the vegetarian option for a deli platter. All condiments (mustard, mayonnaise, etc.) should be on the side.
- *Salad*: Please provide a fresh salad with 2 dressing options (1 being vinaigrette).
- *Beverages*: Assorted soda (14 diet, 10 regular: mix of cola, root beer, Dr. Pepper, etc.). **No Mountain Dew or Diet Mountain Dew**. Regular coffee with creamers and sugars. Assortment of juices.
- *Desserts*: Assorted fresh-baked cookies and/or brownies, fruit salad.

**Note:** It is important to provide a protein with lunch, whether it is meatballs with the pasta, cold cuts with the deli platter, or adding an entrée option to a baked potato bar.

### Dinner:

- *Protein Choices*: salmon filets, shrimp, pulled pork, ribs, roasted chicken, beef tips, shish kabobs.
- *Starches*: rice pilaf, roasted or mashed potatoes, potato salad, rolls with butter, bread sticks.
- *Salad/Vegetables*: green salad with 2 dressing options, steamed vegetables, asparagus.
- *Pastas*: seafood pasta, fettuccini alfredo, marinara, carbonara (cream sauces on the side).
- *Sides*: cole slaw, pasta salad, baked beans, fruit salad, soup, bruschetta.
- *Beverages*: Assorted soda (14 diet, 10 regular: mix of cola, root beer, Dr. Pepper, etc.). **No Mountain Dew or Diet Mountain Dew**. Regular coffee with creamers and sugars. Assortment of juices.
- *Desserts*: Assorted fresh-baked cookies and/or brownies.

### Follow-up:

**Prior to finalizing your catering order** please contact Maddie Regan (Assistant to the Producer, 304.904.6343, [maddieregan@inthemoodlive.com](mailto:maddieregan@inthemoodlive.com)) to let us know what you are planning to provide.