

Ulrich Ellison and Tribe

HOSPITALITY RIDER

Preface: We are a very health-conscious group. Our bass player's health condition requires her to eat vegan only, and preferably a large amount of raw diet.

The rest of the band can eat meat products but prefers to reduce the amount of meat as well.

Pre show:

- Fresh fruit and vegetables (Apples, bananas, grapes, kiwi, oranges, broccoli, cherry tomatoes, carrots, etc...)
- Hummus
- water (no gas! "Leitungswasser")
- full-grain bread

fresh towels

Meals:

- generous selection of salads
- vegetarian options should be available
- no fried foods
- no sugar

Meals should take place at least 90min before show time.