

TRICKY HOSP RIDER

Available from load in:

Tea, coffee, soft drinks, bread, milk, Danish pastries, fruit, breakfast cereals and facilities to make toast.

Lunch:

bread, soup (vegetarian), salad, deli tray to include cheese and fish. Vegetables / hummus / dips

Available in dressing rooms (time TBA):

Fresh coffee, tea, milk and sugar
24 x 1 litre bottles mineral water - Evian / Volvic
12 x bottles smart / distilled water (see tricky catering instructions)
48 x premium beers - Red Stripe / Stella Artois etc
2 x bottles of quality red wine (French, Italian)
3 x litres fresh orange juice
3 x litres each fresh cranberry / orange / grapefruit
2 x bottles of Cola
6 x bottles of orange - Sunkist
6 x bottles of lemonade - Sprite / 7UP
1 x bottle of Jack Daniels
1 x bottle of Jagermeister
1 x bottle of gin
2 x litres tonic water
Ice and lemon
1 x deli tray - cheese, meat
40 x Marlboro Lights
cigarettes rolling papers.
Fresh fruit - apples, bananas, grapes, oranges, kiwi, berries etc.
Snacks - crisps, nachos, chocolate etc
Lots of ice (enough to chill beer & wine)
Provide all necessary plates/cups/glasses/cutlery.
food blender

Also to be provided at a suitable time and place to be agreed by the Tour Manager in advance, 11 hot and nutritious meals (including 1 vegetarian, 1 vegan)

CATERING - VERY IMPORTANT..

For the artist himself Tricky has a special diet therefore the utmost care should be taken to accommodate this. Examples are:

Herbal teas, water
Snacks
Brown rice cakes salt free, cashews, almonds, Sardines in Olive oil,
Meals
Brown rice, Wild rice
Grilled or broiled Lamb chops, (no sugar or sauce)
Grilled or broiled fish, (no sugar no sauce)
Grilled or broiled chicken legs
Vegetables (salad anything but no sugar or sauce)
Fried Potatoes cooked in Olive oil

FURTHER DETAILS OF THIS DIET ARE CONTAINED IN THE "TRICKY IMPORTANT CATERING INFORMATION" DOCUMENT ATTACHED

In the event of there being no facilities for on site / local catering, there shall be a **buy-out** equivalent to £25.00 UKP sterling per person.

IMPORTANT CATERING INFORMATION

Please note:

TRICKY has a very special and important diet which MUST be taken extremely seriously. Failure to provide exactly the right food could result in Tricky becoming ill and/or cancelling shows.

Under NO CIRCUMSTANCES must you put anything that is NOT approved on the list below into Tricky's dressing room as it might contaminate the other food and/or he may eat it by accident, either way we could have a problem.

It is also very difficult for him to eat at restaurants with his dietary condition. With this in mind we find it easier to place in his dressing room or adjacent room a small kitchen. This does not need to be anything extravagant, a 2 plate hot plate or single hot plate and grill, a couple of pans, 1 frying pan, 1 saucepan, a couple of plates and cutlery. With this we can then purchase necessary raw materials and Tricky can cook for himself.

The rest of band and crew can do a buy out or eat at a restaurant as normal.

IF YOU HAVE ANY QUESTIONS AT ALL ABOUT TRICKY'S DIET IT IS ESSENTIAL THAT YOU CONTACT MIKE DOYLE (TM) +447710 795487 WELL IN ADVANCE OF TRICKY'S ARRIVAL AT THE VENUE.

Here are his food requirements/sample menus below.

TRICKY'S DIETARY REQUIREMENTS

FOODS/ SPICES/ ADDITIVES THAT TRICKY CANNOT EAT

Wheat
Yeast
Dairy
Sugar
Vinegar (anything fermented)
All oil except olive oil
Soy sauce
Regular salt (sea salt OK)
Black Pepper
Herbs (except cayenne pepper)
Caffeine

FOODS/ SPICES/ ADDITIVES THAT TRICKY CAN EAT

BEVERAGES

Smart water or DISTILLED Water (MUST BE PROVIDED NB All other types of water are NOT acceptable)
Hot DISTILLED water
Herbal tea with NO caffeine
Juices – cranberry / orange / grapefruit etc (fresh, not pasteurised)

CONDIMENTS (ALL MUST BE PROVIDED)

Olive oil
Sea Salt
Cayenne Pepper
Stevia (a sugar substitute made in the U.S.)

SNACKS/ BREAD

*KAMUTBREAD (MUST BE PROVIDED – regular kamut bread, no multigrain variety)
*Raw almonds (in huge quantities)
*Unsalted pecans & cashews
*UNSMOKED Sardines in SEA SALT
*Plain, unsalted, brown rice cakes (NO multigrain)

VEGETABLES

Garlic
Lemons
Cucumbers (loves them)
Green, Red or Yellow Peppers
Onions
Tomatoes
Carrots
Broccoli
Asparagus
Zucchini
Cabbage
Potatoes (loves potatoes fried in olive oil/ garlic)

***PLEASE KEEP ALL SWEETS & JUNK FOOD (ESPECIALLY CHOCOLATE AND
POTATO CHIPS AWAY FROM TRICKY)***

SAMPLE MEALS

LUNCH & DINNER

Sides

- *PLAIN salad with peppers, tomatoes, carrots, cucumbers. He likes to put lemon juice on top.
- *Potatoes fried in olive oil and garlic. Tricky puts sea salt on top of it.
- *Hot brown or wild rice
- *Steamed vegetables (i.e. broccoli, carrots, zucchini)
- *Fried onions with peppers, sea salt and cayenne peppers
- *Grilled plain tomatoes (can be cooked in olive oil)

ENTREES

- *Hot PLAIN chicken legs / breast baked or grilled. Tricky likes to put sea salt on it.
 - *Hot PLAIN lamb chops baked or grilled. Tricky likes to put sea salt on it.
 - *Hot PLAIN fish (salmon, sardines, mackerel is favourite) baked or grilled.
- Fresh sardines, quail – other white meats – not processed