

RACHAEL SAGE HOSPITALITY RIDER

Please provide a quiet “green room” space out of earshot of the audience with a separate bathroom. This space should be equipped with a full-length mirror and adequate lighting. *(Note: if the show is scheduled outside of the summer months, please ensure that both the green room and bathroom are heated!)*

Please provide the following backstage:

- Plain hummus (only olive oil or canola oil based; no soybean oil)
- Raw veggies such as baby carrots, celery, green peppers, cucumbers etc.
- Fruit such as blueberries, raspberries, blackberries, apples
- Unsalted nuts such as raw cashews and/or almonds
- 1 ripe avocado
- Room-temperature bottled water
- Hot water/herbal tea with lemon

If dinner is to be served, please note:

- Rachael does not eat meat or shellfish.
- For a main meal, Rachael prefers one or more of the following proteins: salmon, any other white fish, and/or hard boiled eggs or quinoa, accompanied by a spinach, kale or any non-iceberg, green salad (with no dressing, only olive oil on the side).
- If fish is unavailable, a simple healthy spinach/green salad with avocado and hard-boiled egg (olive oil on the side) will do just fine!
- No pizza, fried foods, cheese, cream sauces, cheese sauces, or anything similarly heavy.
- Absolutely no sugar in anything.
- No onions in anything, especially salads.
- Ideally fruits, veggies and eggs will be organic or at least NON-GMO; fish should ideally be wild, and if possible, poached, baked or steamed rather than grilled.

If dinner is via buyout, please provide a menu for a local restaurant that serves healthy salads.

Questions? Contact Meredith Tarr (tour manager) at
meredith@mpressrecords.com or 203-641-4589