

# esther bertram - Catering Rider

As I am Vegan, to save making problems I prefer catering money of €20 per person per gig. The other band members are a mixture of vegetarian and regular diets.

If you prefer to provide catering, details of my diet are as follows:

Diet specification = **Vegan**

- No Milk, butter, cheese or any dairy products!!!
- No Meat, no fish, no animal products!
- No Eggs

## Suggestions of dishes or restaurants that suit are:

- Thai Restaurant
- Japanese Restaurant
- Italian restaurant
  
- Any vegetable dish – No milk or cream
- Spaghetti (no egg) with simple tomato sauce (no cheese or cream inside)
- Stir fried Vegetables with rice or rice noodles
- Tofu & Rice

## Backstage I/we like things like:

Fresh Fruit & Vegetables

Nuts

Olives

Sun dried Tomatoes

Bread

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Water

Juice

Beer and/or Red wine

Tea & Honey