PERSEFONE

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PERSEFONE catering requirements

Amount of people to feed: 8 with sound / light engineer, 6 without.

Persefone will need in dressing room:
20 sandwiches with different kinds of cheese, ham or other kinds of meat
Hummus and pickles

Dry fruits

Pasta salad or green salad for vegan members of the crew

Fruit

Cereals

Maybe some local delicates

Coffee, Tea, Milk, Soy Milk, almond or rice milk, sugar, honey and cocoa

12 liters of water

2 liters of carbonated water

Several cans of Cokes, Fanta, Sprite or similar

3 liters of orange, pineapple and apple juice

1 case of Monster/Red Bull energetic drinks

Several chocolate bars, chocolate cookies, or muesli bars 6 bags of potato chips

A couple cases of beer 1 Non-reflecting mirror

Dinner:

6-8 persons after show (band + crew) 2 members in the band are vegan

Note. We need to stay in shape for the tour: Junk or fast food is NOT acceptable as dinner.

Onstage requirements:

3 liters of non-carbonated water for drummer 1 liters of non-carbonated water for vocalist, guitarists, bassist and keyboardist (each). 6 clean towels for stage and at least 6 some more in the backstage for after-show shower.