

# SYMBIO HOSPITALITY RIDER

## BACKSTAGE / ARTIST AREA

- Toilet/WC
- Private room for warm-up an hour before the concert
- Water/Soda
- Tea and coffee
- Fresh fruit & nuts
- Sweet & Salty Snacks
- Wifi accessibility is desirable but not necessary (Please provide password)

## FOOD RESTRICTIONS

**Johannes:** No allergies but some food restrictions.

Because of health reasons I have some restrictions in my diet and I am very grateful if you can meet these:

- No grains/cereals: Such as wheat/oat/rye/corn/bread/pasta/rice/potatos/fluor etc.
- No sugar.
- Overall, a diet with a lower intake of carbohydrates, avoiding very high starch food.

Some suggestions regarding food that works well for Johannes:

- Vegetables, legumes, cheese, dairy, meat, nuts & seeds.

**LarsEmil:** No food restrictions, no allergies.

*With kind regards,*

*Johannes Geworkian Hellman & LarsEmil Öjeberget*

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