



DIETARY RESTRICTIONS CATERING GUIDE

We know that navigating dietary restrictions in artists' riders can be complicated, especially when designing menus that will be feeding large groups of people. We created this catering guide to be used as a resource when planning for meals and hospitality for the day of show. This catering guide is being provided exclusively to Degy Entertainment clients for their internal use only. Everything contained in this guide is a suggestion that can be used by our clients.

GLUTEN FREE: Food should not contain any wheat, rye, barley, or triticale (a cross between wheat and rye)

Breakfast:

- Fresh Fruit
- Plain Yogurt with toppings bar: fresh fruits (strawberries, bananas, berries), granola, chia seeds, dried fruits (apricots, cranberries, raisins, coconut), sweet items (fruit jams, honey, agave)
- Assorted Flavored Yogurts
- Assorted Gluten Free Sweet Breads/Muffins
- Oatmeal with a toppings bar: fresh fruits (strawberries, bananas, berries), nuts and seeds (almonds, pecans, walnuts, pumpkin seeds, chia seeds), nut butters, dried fruits (apricots, cranberries, raisins, coconut), sweet items (brown sugar, honey, agave, maple syrup, chocolate chips), spices (cinnamon, nutmeg), creamy items (milk, almond milk, oat milk, cream)
- Eggs
- Bacon/Sausage
- Hashbrown/Breakfast Potatoes
- Gluten Free Cereal Options

Lunch/Dinner:

- Non-Breaded Protein (Chicken, Beef, Pork, Fish) and Roasted/Sautéed Vegetables w/ a starch (rice or potato)
- Veggie Noodle Pasta (Zucchini Noodles, Carrot Noodles) or Rice Noodle Pasta – sauce should follow any other dietary restrictions if applicable
- Lasagna with zucchini strips instead of pasta noodles or certified gluten free lasagna noodles
- Burrito Bowl/Nacho/Taco bar: Choice of Protein (chicken, beef, pork, fish/shrimp; keep shrimp separate in case of a shellfish allergy), sautéed peppers, onions, mushrooms (keep mushrooms separate in case of an allergy), shredded lettuce, corn, black beans or re-fried beans, chopped tomato, pickled jalapenos, black olives, pico de gallo or salsa, cheese, sour cream, guacamole, rice, corn tortillas
- Baked Potato bar: butter, shredded cheese (cheddar, bleu cheese or cheese sauce, bacon or bacon bits, salsa, chili, shredded buffalo chicken, sour cream, ranch dressing, chives
- Chicken Wings (check sauce to ensure gluten free; traditional Buffalo sauce is safe)
- Deli Platters: various deli meats, cheeses, lettuce, tomato, onion, pickles, banana or sweet peppers, mayo, mustard – served with Gluten Free bread (common brands found in grocery stores are Schar USA, Glutino, and Udi's)
- Salads are acceptable, however should contain more than lettuce: create a salad bar with spring mix lettuce, spinach, carrots, broccoli, cucumbers, chickpeas, chopped peppers, onions, cherry tomatoes, black olives, dried cranberries, cheese, hard-boiled egg, sesame seeds, protein of choice (grilled chicken, steak, tofu)
- Salad Dressings: Check labels to ensure they are marked Certified Gluten Free (some salad dressings contain modified food starch or wheat)

Sneaky items to Avoid: Soy Sauce (unless specifically marked Gluten Free), Granola or Oats, Quinoa (easily cross contaminated w/ wheat – can use if Certified Gluten Free)

Gluten Friendly Snacks: corn chips and salsa, veggies and hummus, fruit tray/fresh fruits, raw nuts, potato chips, rice cakes w/ nut butters (you can easily find gluten free labeled snacks in the grocery store)



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VEGETARIAN: Food should contain no meat, but can contain dairy products

Breakfast:

- Fresh Fruit
- Plain Yogurt with toppings bar: fresh fruits (strawberries, bananas, berries), granola, chia seeds, dried fruits (apricots, cranberries, raisins, coconut), sweet items (fruit jams, honey, agave)
- Assorted Flavored Yogurts
- Assorted Sweet Breads/Muffins
- Bagels with cream cheese and/or fruit jams
- Oatmeal with a toppings bar: fresh fruits (strawberries, bananas, berries), nuts and seeds (almonds, pecans, walnuts, pumpkin seeds, chia seeds), nut butters, dried fruits (apricots, cranberries, raisins, coconut), sweet items (brown sugar, honey, agave, maple syrup, chocolate chips), spices (cinnamon, nutmeg), creamy items (milk, almond milk, oat milk, cream)
- Eggs
- Vegan Sausage/Sausage Alternatives
- Hashbrown/Breakfast Potatoes

Lunch/Dinner:

- Pasta without meat: Marinara, Alfredo, and Vodka Sauce are OK as long as they are meat free with sautéed vegetables on the side
- Vegetarian Lasagna
- Veggie/Black Bean Burgers or Portabella Burgers/Steaks
- Falafel pitas with lettuce, tomato, red onion, cucumber, feta, hummus
- Cheese or Vegetable Pizza
- Burrito Bowl/Nacho/Taco bar: Grilled Tofu, sautéed peppers, onions, mushrooms (keep mushrooms separate in case of an allergy), shredded lettuce, corn, black beans, chopped tomato, pickled jalapenos, black olives, pico de gallo or salsa, cheese, sour cream, guacamole, rice, corn tortillas chips,
- Meat Free Soup: Tomato, Vegetable, Bean-Based Chili (soup should be prepared with Vegetable broth only)
- Salads are acceptable, however should contain more than lettuce: create a salad bar with spring mix lettuce, spinach, kale, carrots, broccoli, cucumbers, chickpeas, chopped peppers, onions, cherry tomatoes, black olives, dried cranberries, cheese, hard-boiled egg, sesame seeds, grilled tofu, quinoa, croutons
- Salad Dressing: Balsamic Vinaigrette, Olive Oil and Red Wine Vinegar, Italian Dressing, Ranch/Blue Cheese

Sneaky items to Avoid: Parmesan Cheese, Worcestershire Sauce, items with gelatin (gummies, jello, jelly, some yogurts)

Vegetarian Friendly Snacks: corn chips and salsa, veggies and hummus, fruit tray/fresh fruits, raw nuts, potato chips and dip, popcorn, bread with nut butter

Note: Confirm if mushrooms are an acceptable "protein" replacement or if they should be avoided.



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VEGAN: Food should be prepared with absolutely NO animal products including butter

Breakfast:

- Fresh Fruit
- Bagels (most bagels are vegan except egg bagels) with Tofutti vegan cream cheese and/or fruit jams
- Oatmeal with a toppings bar: fresh fruits (strawberries, bananas, berries), nuts and seeds (almonds, pecans, walnuts, pumpkin seeds, chia seeds), nut butters, dried fruits (apricots, cranberries, raisins, coconut), sweet items (brown sugar, honey, agave, maple syrup, chocolate chips), spices (cinnamon, nutmeg), creamy items (milk, almond milk, oat milk, cream)
- Avocado Toast with sliced tomato
- Nut Butter Toast with fruit jams
- Granola and milk alternatives
- Tofu scramble with vegetables
- Hashbrowns/Breakfast Potatoes

Lunch/Dinner:

- Pasta with sautéed veggies in olive oil (NO BUTTER)
- Falafel pitas with lettuce, tomato, red onion, cucumber, hummus
- Veggie burgers/Black Bean/Impossible burgers
- Tempe and Satan
- Quinoa with roasted root vegetables (butternut squash, beets, potatoes, turnips) and sautéed veggies like asparagus or green beans (no butter)
- Burrito Bowl/Nacho/Taco bar: Grilled Tofu, sautéed peppers, onions, mushrooms (keep mushrooms separate in case of an allergy), shredded lettuce, corn, black beans, chopped tomato, pickled jalapenos, black olives, pico de gallo or salsa, cheese, sour cream, guacamole, rice, corn tortillas
- Meat and Dairy Free Soup: Tomato, Vegetable, Bean-Based Chili (soup should be prepared with Vegetable broth only and no dairy)
- Buffalo Cauliflower
- Salads are acceptable, however should contain more than lettuce: create a salad bar with spring mix lettuce, spinach, kale, carrots, broccoli, cucumbers, chickpeas, chopped peppers, onions, cherry tomatoes, black olives, dried cranberries, sundried tomatoes, sesame seeds, grilled tofu, quinoa, croutons
- Salad Dressing: Balsamic Vinaigrette, Olive Oil and Red Wine Vinegar, Italian Dressing (absolutely NO dairy based dressings)

Vegan Friendly Snack items: corn chips and salsa, veggies and hummus, fruit tray/fresh fruits, raw nuts, potato chips, popcorn, bread with nut butters, (natural) peanut butter, Kind and Lara Bars

Meat and Dairy Alternative Products: Almond Milk, Non-Dairy Creamer, Agave and Honey (for Coffee), Follow Your Heart Brand (Ranch, Mayo, Vegan Cheese)

Note: Confirm if mushrooms are an acceptable "protein" replacement or if they should be avoided.