



- 6-8 non-alcoholic beers, chilled; Corona Sunbrew, Partake Pale Ale, or Asahi 0%
- 8-12 assorted sparkling water, *no sugar* (Perrier, Bubly, Lacroix or similar)
- Electric kettle and case of room-temperature bottled water
- Coffee press or coffee maker with filters, and ground medium to dark roast coffee
- Almond milk coffee cream, *unsweetened*
- 3 coffee or tea mugs
- 3 fresh lemons cut into wedges, or knife and cutting board provided
- Fresh veggies with hummus for 3 people – *no broccoli or cauliflower; no red pepper hummus please :)*
- 6 Cosmic Crisp apples – *gala or pink lady if not available*
- Turkey pepperoni and/or beef jerky
- Que Pasa Tortilla Chips - *salted, any colour*
- Medium or Mild Salsa with bowl – *fresh cut preferred*
- Guacamole or avocado dip
- Unseasoned, unsalted, raw walnut halves or pieces
- Roasted almonds – *can be seasoned, but please no sweet flavours*
- 3 plates (paper is fine)
- Enough spoons for any dips or spreads and hot drinks
- Napkins or paper towel
- Full-length mirror or access to one
- 3 clean hand towels for stage

For events where alcohol is permitted:

- 8 Olé Cocktail Co. Palomas, chilled

Allergies & Preferences:

- eggplant (allergy)
- no dairy

*Thank You for your hospitality!
It is greatly appreciated :)*