

# KITCHEN NIGHTMARES

## Video Self-Submit Guidelines

Send your video to us at [kitchennightmares@theconlincompany.com](mailto:kitchennightmares@theconlincompany.com)  
(Yousendit.com is a free and easy site to do this.)

**Please DO NOT post to Youtube.com and send us a link.**

PLEASE SEND THE VIDEO TO OUR EMAIL ADDRESS OR MAIL TO:  
**KITCHEN NIGHTMARES CASTING**  
**3916 Sepulveda Blvd, Suite 103**  
**Culver City, CA 90232**

### CONTENT:

(What you should have in your video submission)

Remember to convince us – THIS is your audition.

### **Answer the following questions AND keep the video interesting and lively.**

Sitting in front of a camera and talking should only be a part of the video, not the whole thing.  
The video should be no more than 3-5 minutes in length.  
Try to show us about your life in the restaurant, instead of just telling us.

1. Restaurant Name
2. Phone
3. Address
4. Type of Restaurant
5. Size of Restaurant
6. Service: (Breakfast, Lunch and/or Dinner)
7. Hours of Operation
8. How long have you been open? (list exact date)
9. Is it a family owned/run business?
10. Do you have a liquor license?
11. Number of Employees
12. Introduce to us the types of employees
  - Disgruntled Chef?
  - Snotty waitress?
  - Lazy sous chef?
  - Vindictive co-owner?
  - Sensitive busboys?
  - Tardy hostesses? Etc, etc.
13. Do you own the building where your restaurant resides? If not please list all owner or landlord information:
14. Describe five things the restaurant needs help with (can be issues, people, be descriptive):
15. What is your 5-year goal with your restaurant?
16. Why should Gordon Ramsay pick you and your restaurant? (Give history, your passion, your motivation, for keeping your business alive and getting to the next level of success).