

# FIT FOOD KIDS' PARTIES

@ Fit Food Bistro, based within  
Tiso Perth Outdoor Experience



**KIDS!**  
**CLIMB &  
SOFT PLAY**

**EAT!**

## Big birthday cakes

*(gluten free, nut free and dairy free available on request)*

Tasty healthy party food boxes

Party decorations, hats, balloons

Choose the theme of your festive food fun and we'll supply each child at your party with a cool Fit Food party food box, packed with yummy treats.

**JUNGLE  
TIME**



**PIRATES**



**PRINCESS**



## Book your party

by calling Fit Food Bistro  
Perth on 01738 449 041

Or fill in the party form  
overleaf and send/drop it  
back to us.

Visit us online @  
[www.fitfoodbistro.co.uk](http://www.fitfoodbistro.co.uk)

**FIT FOOD  
MUNCHKINS**



Families are welcome at Fit Food Bistro – a café haven where mums and dads can relax while the little ones munch through fresh, healthy Munchkin kids' lunches designed to delight.

Fit Food Bistro is open Sun 10am-5.30pm and Mon-Sat  
8am-5.30pm with late opening (\*til 6.30pm) on Thurs & Fri.

# BOOK A FIT FOOD BISTRO – KIDS' PARTY

Choose the party theme, sandwiches, activities, number of kids & type of cake.

The Fit Food party boxes are served after the kids' activities.

Please note: 1. A parent or guardian must be present at all times.

2. Fit Food can cater for various diets. We have gluten free bread and can easily make dairy free or gluten free cakes.

Please add any comments to the booking form or phone us at the café if you would like to discuss further.

## ORGANISING DETAILS

### PARTY HOST PARENT/ ORGANISER

Name:

Contact phone:

Email:

### BIRTHDAY / PARTY HOST GIRL OR BOY

Name:

Age s/he will be:  What's the reason for this celebration? (e.g. birthday/reunion/etc)

**OTHER DETAILS** Date of party:  Number of children attending:

Any food allergies, extra info or requests:

## PARTY FOOD BOXES

Choose the theme of your festive food fun and we'll supply each child at your party with a cool fit food box, packed with yummy treats and a party gift and hat.

**JUNGLE TIME**       **PIRATES**       **PRINCESS**

• Wraps, filled with a little mayo plus a choice of:

Chicken     Tuna     Ham     Cheese

(write number of each sandwich filling required - 1 per child)

• Sparkly cup cake

• Vegetable and fruit nibbles

• Cheesy biscuit bites

• Blackcurrant juice (sugar free)

**OLDER KIDS:** Tick for details about food ideas for older kids.

Or call or visit us to discuss!

## BIRTHDAY CAKE

Decorated with the birthday girl/boy's age and candles  
(one cake feeds 10 kids)

Chocolate sponge cake

Vanilla sponge cake

Total number of cakes required:

## PARTY ACTIVITY

 Please choose one of the following party activities before your Fit Food party food.

**PlayBugs**  **Play Bugs** - soft play 1 hour session    Play Bug age group  1-3yrs  3-5yrs  5-8yrs

(write number of kids in each age group attending)



**Tiso Climbing Wall** (over 8yrs old only)

## TOTAL COST & DEPOSIT

Play Bugs or  Climbing Wall with Fit Food Party Food Box:  children @ £8.90 per child    £

Party Food Boxes - without play:  children @ £4.90 per child    £

Birthday / Celebration Cake:  cakes @ £12.50 per cake    £

**Total:**    £     **Deposit\* enclosed**    £

\*£5 deposit per child attending plus £12.50 for birthday/celebration cake

Please drop off or send this form and your deposit (cheques made payable to 'Fit Food Bistro Ltd') to: Fit Food Bistro Ltd, Tiso Perth Outdoor Experience, Unit 1, Highland Gateway, Inveralmond, Perth, PH1 3EE

Or simply call us on 01738 449 041 or email party@fitfoodbistro.co.uk. [www.fitfoodbistro.co.uk](http://www.fitfoodbistro.co.uk)