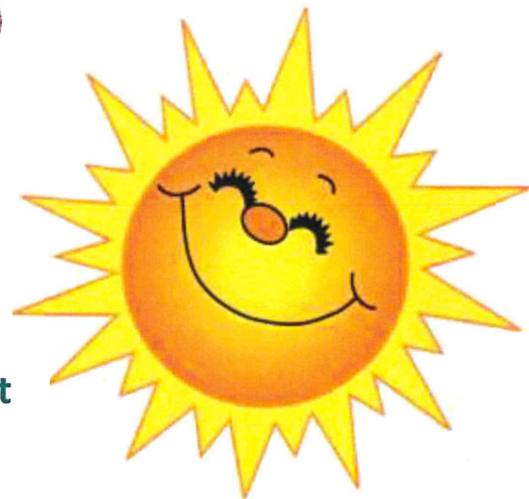


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Saturday, July 14, 2018

9 AM – 3 PM

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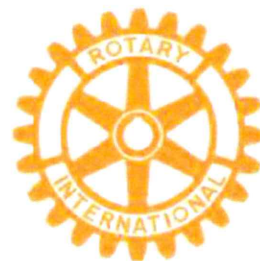
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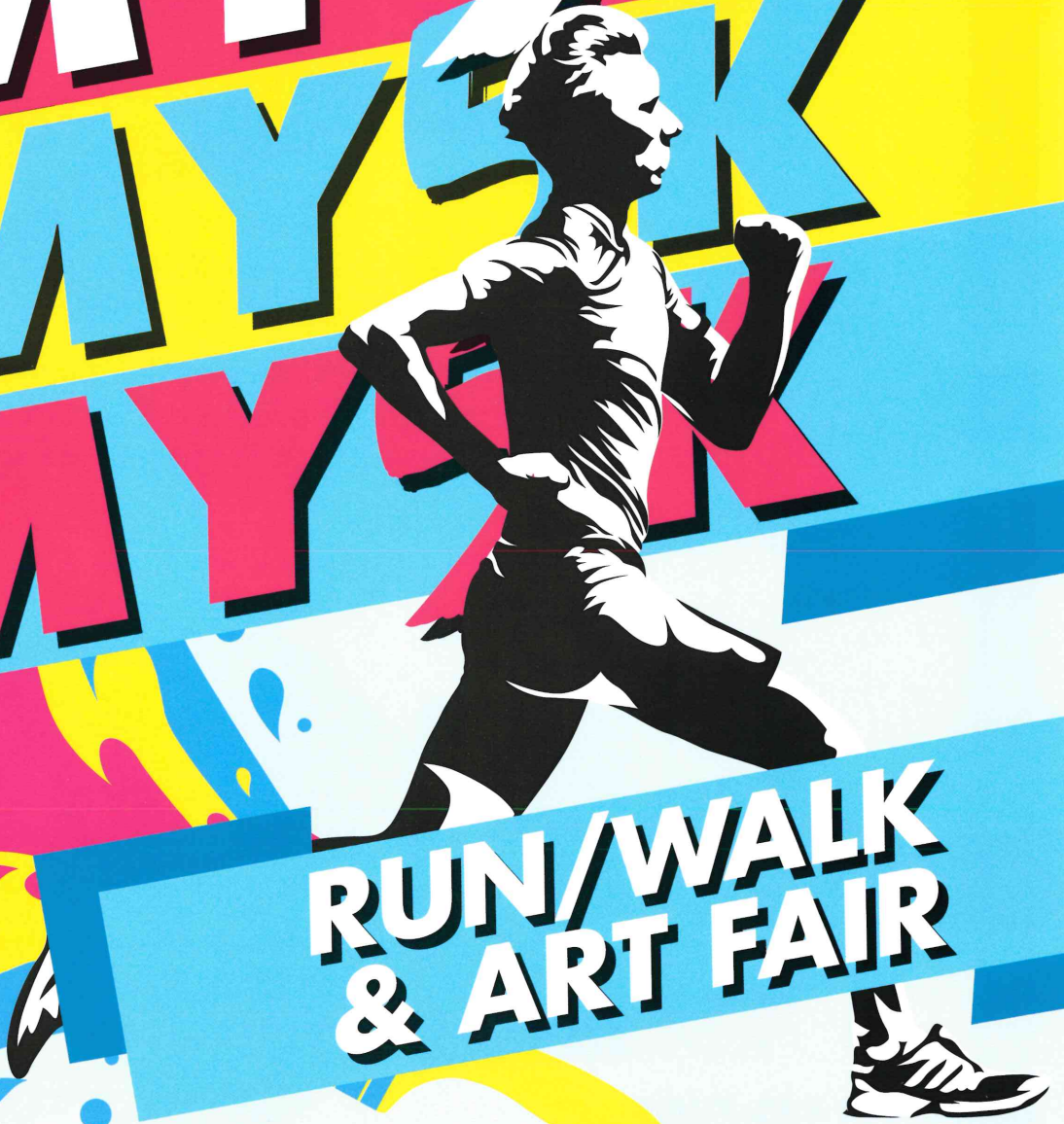
GET INVOLVED!
VOLUNTEERS & SPONSORS NEEDED

**8AM SATURDAY,
AUGUST 25TH
@ LYCOMING MALL**

CMY5K

CMY5K

CMY5K



**RUN/WALK
& ART FAIR**

A COMMUNITY EVENT AND FUNDRAISER FOR ARTHAUS PROJECTS
Find out more at www.cmy5krun.com

GET INVOLVED!

CMY5K Walk/Run and Art Fair
8AM Saturday, August 25th
@ the Lycoming Mall



BECOME A SPONSOR

This event wouldn't be possible without your assistance, and every contribution is appreciated. Sponsorships are available at any level that's right for you, and provide a wide range of promotional opportunities.

VOLUNTEER

Volunteer opportunities are plentiful. From assisting with runner registration to handing out water along the race course, volunteers keep the event running smoothly.

SIGN UP FOR THE ART FAIR

The CMY5K Art Fair is a great opportunity to show your work for an affordable price, as generous sponsorships help reduce artist fees. Show us what you've got!

Call: (570) 435-7080

Email: info@arthausprojects.com

Visit: 140 W 4th St. Williamsport, PA

Find out more at www.cmy5krun.com



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 CAFE

ALL DAY BRUNCH

Breakfast Sandwich --- \$6

Local egg, local artisan cheese, kale, tomato, pepper & onion.

Breakfast Pizza --- \$8

Local egg, local cheese, kale, tomato & onion on sprouted pizza crust.

Two Eggs & Toast -- \$5

Scrambled / over easy / over hard w sprouted bread.

French Toast -- \$5

Maple syrup and butter on sprouted bread.

Souffle Pancakes -- \$5

Served with maple syrup and butter.

BUILD YOUR OWN PIZZA

W sauce & cheese -- \$6

Kale, tomato, onion, pepper + .50 each

"bacon", chicken + \$3 each

Smoked Salmon + \$4

SALADS

Caesar --- \$9

Greens, capers and "sprouted sprigs".

Cranberry Walnut --- \$8

W diced apples and balsamic vinaigrette.

Kale -- \$7

Chickpea, carrot, peppers, cabbage, sesame seeds, ginger-soy dressing.

Smoked Salmon -- \$11

Sprouted lentils, onions, sprigs, lemon vinaigrette.

Garden -- \$7

Greens, tomato, onions, herb, hard-boiled egg, lemon vinaigrette.

SPROUTED SOFT TACOS -- \$2.50 - \$4

All tacos made with PA grown sprouted organic purple corn.

Buffalo chicken or chickpeas w coleslaw.

Taco seasoned beef or quinoa w pico de gallo.

Teryaki Salmon w cabbage & sesame seeds.

Egg, tomato, basil & cheese.

SANDWICHES

Tarragon Chicken Salad -- \$9

sprouted lentils, greens, tomato, onion.

Pulled Chicken --- \$9

Teryaki, Buffalo or Caesar style with greens, tomato & onion.

Salmon Burger -- \$10

Wild for Salmon burger, dill aioli, greens, tomato & onion.

Egg Salad -- \$6.50

Local eggs, greens, tomato and onion.

BLT \$7

A vegan classic.

Grilled Cheese --- \$5

Local artisan cheeses.

Sandwiches served on your choice of sprouted pita, sprouted ciabatta or sprouted pretzel ciabatta

BEVERAGES

Locally roasted coffee, teas & locally brewed Kombucha by the carafe, bottle or glass

225 Center Street ● Bloomsburg ● 570 784 2271 ● Tuesday - Saturday 9 - 4

Bakers Guild Cafe is the retail outlet for Columbia County Bread & Granola