



**456 W. Main St. #F Mesa, AZ 85201**  
**TheMuffinGirl.com TheMuffinGirlAZ@gmail.com**  
**(480) 217-6861**

**Store Hours TUESDAY & THURSDAY 11am - 7pm**  
**SATURDAY 11am - 3pm**

## **HOT MUFFINS IN A CUP**

**CHOOSE ANY OF OUR SWEET FLAVORS**

**\$3.00 PIF PAY IT FORWARD**

**\$3.50 SINGLE**

**\$6.00 TWO PACK**

**\$11.00 FOUR PACK**

**\$16.00 SIX PACK**

**\$32.00 TWELVE PACK**

## **\$16 FROZEN DOZEN PACK**

CHOOSE FROM A VARIETY OF OUR SWEET FLAVORS.  
PACKAGED IN A 12x9x4 FREEZER CASE. KEEP  
FROZEN AND WARM IN THE MICROWAVE FOR 45  
55 SECONDS, OR THAW TO DESIRED TASTE.

## **MINI MUFFINS**

\$10 PER DOZEN. PLEASE CALL TO PLACE ORDER  
FOR PICK UP.

## **DELIVERY**

GET HOT MUFFINS DELIVERED TO YOU THROUGH  
OUR PARTNERED APPS!

**UBER EATS, GRUB HUB, DOOR DASH,  
POST MATES**

## **CELEBRATE BIRTHDAY'S WITH US!**

LET US JOIN IN THE CELEBRATION BY ADDING A  
PERSONALIZED CARD, HAPPY BIRTHDAY TISSUE  
PAPER AND A CANDLE TO YOUR ORDER FOR NO  
ADDITIONAL CHARGE!

# **SWEET FLAVORS IN A CUP**

## **\$3.50 EACH**

### **1. APPLE PIE**

APPLES, WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK,  
SUGAR, EGGS, BUTTER, VANILLA FLAVOR, CARAMEL FLAVOR, BROWN SUGAR, SALT,  
BAKING SODA, BAKING POWDER, CINNAMON

### **2. BLUEBERRY**

BLUEBERRIES, WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT  
BUTTERMILK, SUGAR, EGGS, BUTTER, VANILLA FLAVOR, SALT, BAKING SODA, BAKING  
POWDER

### **3. BANANA FOSTER**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, BANANA,  
SUGAR, EGGS, BUTTER, VANILLA FLAVOR, RUM FLAVOR, SALT, CINNAMON, BROWN  
SUGAR, BAKING SODA, BAKING POWDER

### **4. BANANA SPLIT**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK,  
CHOCOLATE CHIPS SEMI-SWEET, BANANA, SUGAR, EGGS, BUTTER, STRAWBERRY  
FLAVOR, VANILLA FLAVOR, SALT, CHERRY, BAKING SODA, BAKING POWDER

### **5. CARROT CAKE**

CARROTS, WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK,  
SUGAR, EGGS, BUTTER, VANILLA FLAVOR, SALT, CINNAMON, NUTMEG, BAKING SODA,  
BAKING POWDER

### **6. ORANGE CRANBERRY**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, SUGAR,  
EGGS, BUTTER, CRANBERRY SAUCE, VANILLA FLAVOR, ORANGE FLAVOR, SALT, BAKING  
SODA, BAKING POWDER, ORANGE COLOR

### **7. RASPBERRY**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, SUGAR,  
EGGS, BUTTER, RASPBERRY PRESERVES, VANILLA FLAVOR, SALT, BAKING SODA,  
BAKING POWDER

### **8. PINEAPPLE RIGHT-SIDE-UP**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK,  
PINEAPPLE, SUGAR, EGGS, BUTTER, BROWN SUGAR, VANILLA FLAVOR, CHERRY, SALT,  
BAKING SODA, BAKING POWDER

### **9. LEMON POPPY SEED**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, SUGAR,  
EGGS, BUTTER, POPPY SEEDS, VANILLA FLAVOR, LEMON FLAVOR, SALT, BAKING SODA,  
BAKING POWDER, YELLOW COLOR

### **10. ALMOND K'NICKERS**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK,  
CHOCOLATE CHIPS SEMI-SWEET, SUGAR, EGGS, BUTTER, VANILLA FLAVOR, ALMOND  
FLAVOR, ALMONDS, SALT, BAKING SODA, BAKING POWDER, CARAMEL FLAVOR

### **11. NUT TROPOLIS ALMOND TOASTED COCONUT**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, SUGAR,  
EGGS, BUTTER, NUT TROPOLIS TOASTED COCONUT, VANILLA FLAVOR, COCONUT  
FLAVOR, SALT, BAKING SODA, BAKING POWDER, NUT TROPOLIS ALMOND

### **12. CHOCOLATE CHIP**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK,  
CHOCOLATE CHIPS SEMI-SWEET, SUGAR, EGGS, BUTTER, VANILLA FLAVOR, SALT,  
BAKING SODA, BAKING POWDER, COCOA

### **13. CHOCOLATE S'MORES**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK,  
CHOCOLATE CHIPS SEMI-SWEET, SUGAR, EGGS, BUTTER, COCOA, VANILLA FLAVOR,  
MARSH-MALLOW, GRAHAM CRACKER, SALT, BAKING SODA, BAKING POWDER, COCOA

### **14. PEANUT BUTTER CHOCOLATE CHIP**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK,  
CHOCOLATE CHIPS SEMI-SWEET, PEANUT BUTTER, SUGAR, EGGS, BUTTER, COCOA,  
VANILLA FLAVOR, SALT, BAKING SODA, BAKING POWDER, COCOA

### **15. CINNAMON ROLL**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, SUGAR,  
EGGS, BUTTER, CINNAMON, BROWN SUGAR, VANILLA FLAVOR, SALT, BAKING SODA,  
BAKING POWDER

### **16. COFFEE CAKE**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, SUGAR,  
EGGS, BUTTER, BROWN SUGAR, CINNAMON, VANILLA FLAVOR, SALT, BAKING SODA,  
BAKING POWDER, CARAMEL FLAVOR

### **17. RED VELVET**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, SUGAR,  
EGGS, BUTTER, COCOA, RED COLOR, VANILLA FLAVOR, SALT, BAKING SODA, BAKING  
POWDER

### **18. HAPPY BIRTHDAY**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, SUGAR,  
EGGS, BUTTER, RAINBOW SPRINKLES, VANILLA FLAVOR, SALT, BAKING SODA, BAKING  
POWDER

### **19. PEACH COBLER**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, PEACHES, LOW-FAT BUTTERMILK,  
SUGAR, EGGS, BUTTER, VANILLA FLAVOR, SALT, CINNAMON, BAKING SODA, BAKING  
POWDER

### **20. CHOCOLATE COVERED CHERRY**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, SUGAR,  
EGGS, CHERRIES, BUTTER, COCOA, VANILLA FLAVOR, SALT, BAKING SODA, BAKING  
POWDER

### **21. STRAWBERRY CHOCOLATE CHIP**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK,  
CHOCOLATE CHIPS SEMI-SWEET, SUGAR, EGGS, BUTTER, STRAWBERRY FLAVOR  
VANILLA FLAVOR, SALT, RED COLOR, COCOA, BAKING SODA, BAKING POWDER

### **22. NUT TROPOLIS APPLE CINNAMON PECAN**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, NUT  
TROPOLIS APPLE CINNAMON PECANS, SUGAR, EGGS, BUTTER, VANILLA FLAVOR, SALT,  
CINNAMON, BAKING SODA, BAKING POWDER

### **23. KEY LIME PIE**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, SUGAR,  
EGGS, BUTTER, VANILLA FLAVOR, LIME FLAVOR, SALT, GRAHAM CRACKER, BAKING  
SODA, BAKING POWDER

### **24. PUMPKIN YUMPKIN**

PUMPKIN, WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK,  
SUGAR, EGGS, BUTTER, VANILLA FLAVOR, CINNAMON, NUTMEG, CLOVES, SALT, GINGER,  
CANDY CORN, BAKING SODA, BAKING POWDER

### **25. GINGER BREAD**

MOLASSES, WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT  
BUTTERMILK, SUGAR, EGGS, BUTTER, VANILLA FLAVOR, CINNAMON, CLOVES, SALT,  
GINGER, GUM DROP, BAKING SODA, BAKING POWDER

### **26. MINT CHOCOLATE CHIP**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT  
BUTTERMILK, CHOCOLATE CHIPS SEMI-SWEET, SUGAR, EGGS, BUTTER, VANILLA  
FLAVOR, MINT FLAVOR, SALT, BAKING SODA, BAKING POWDER, GREEN COLOR

### **27. CHOCOLATE BANANA CREAM**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, SUGAR,  
EGGS, BUTTER, COCOA, VANILLA FLAVOR, BANANA FLAVOR, SALT, BAKING SODA,  
BAKING POWDER

### **28. BUTTER CAKE**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, SUGAR,  
EGGS, BUTTER, VANILLA FLAVOR, BUTTER FLAVOR, SALT, BAKING SODA, BAKING  
POWDER

## **MUFFITS**

### **29. PLAIN MUFFIT \$3.50**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, BUTTER,  
BAKING POWDER, SALT

### **30. MAPLE BACON \$4.25**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, SUGAR,  
EGGS, BUTTER, BACON, MAPLE FLAVOR, VANILLA FLAVOR, SALT, BAKING SODA, BAKING  
POWDER

### **31. BREAKFAST BACON MUFFIT \$5.00**

WHEAT FLOUR ALL PURPOSE ENRICHED BLEACHED, LOW-FAT BUTTERMILK, EGGS,  
HASH BROWNS, BACON, BUTTER, CHEESE, BAKING POWDER, SALT, PEPPER

**4 OZ. SALSA \$1**

**4 OZ SAUSAGE GRAVY \$1**

**\*NO ADDED PRESERVATIVES\* CONTAINS MILK, EGGS, PEANUTS, TREE NUTS & WHEAT**