

BIRTHDAY FREEBIES

[Birthday Freebies](#)

[Birthday Freebies for Kids](#)

[Eat Free On Your Birthday](#)

[Free Birthday](#)

[Free Birthday Stuff](#)

[Free Birthday Treats](#)

BIRTHDAY, LOYALTY & E-MAIL CLUBS

[Abuelo's](#)

Get a coupon for a free dinner entree with the purchase of an equally priced entree.

[Academy Sports & Outdoors](#)

Sign-up in advance and you'll get a \$5 gift card on your b-day.

[Acapulco](#)

Receive a free entree.

[Amato's Sandwich Shop](#)

Receive a free large Amato's original 9" cheese pizza or a cheese pazzo bread.

[AMC Theatres](#)

Members of the AMC Community program get an email coupon for a free fountain drink, good for up to one month.

[American Eagle](#)

Coupon for 15% off.

[AMF Bowling eClub](#)

Receive coupons and notices about upcoming events.

[Applebee's](#)

Receive a free dessert.

[Arby's](#)

Receive a free 12 oz. milkshake with any purchase.

[Atlanta Bread Company](#)

Join the VIP eClub to get a free cookie on your birthday.

[Au Bon Pain](#)

Receive a free sandwich or salad.

[Auntie Anne's Pretzels](#)

Receive a free BOGO coupon for any pretzel item.

[Austin Grill](#)

Sign-up and get a free meal.

[Aveda](#)

Receive a free gift up to \$24 in value.

[Avenue - Plus Size Fashion](#)

Sign-up to receive coupons by e-mail.

[Baja Fresh Mexican Grill](#)

Receive coupons when you join the club.

[Baker's Square](#)

Receive a free slice of pie with any adult entree purchase.

[Barnes & Noble](#)

Children get a free cupcake or cookie at their cafe. Children at heart get nothing.

WoW Resource Center

[Baskin Robbins](#)

Receive a free 2.5 oz scoop of ice cream or a swirl of soft serve.

[BD's Mongolian Grill](#)

Receive a free stir-fry meal.

[Beef 'O' Brady's](#)

Receive a free dessert.

[Ben & Jerry's Ice Cream](#)

Become a Chunk Spelunker *and* get a free scoop of ice cream *plus* \$3 off an ice cream cake.

[Benihana's Japanese Restaurant](#)

Join the club and receive a \$30 gift certificate valid during the month of your birthday.

[Best Buy Rewards Zone](#)

Receive advance notice about private sales.

[Best Friends of Friendly's](#)

Upon signing up, you'll get a coupon for a three-scoop sundae with purchase of adult entrée. Kids 12 and under will get a free meal with the purchase of an adult meal. Register online.

[BJ's Restaurants](#)

Receive a free Pizookie dessert (otherwise known as a delicious dessert).

[Black Angus Steakhouse](#)

Receive a complimentary dessert for joining the BA Prime Club and a free steak dinner for your birthday!

[Black Dear Diner](#)

Receive a free dessert with any food purchase.

[Bob Evans](#)

Receive a free kids meal for anybody under the age of 12.

[Bonanza Steakhouse](#)

Receive a free steak dinner.

[Borders Bookstore](#)

Receive a free small coffee or tea.

[Boston Market](#)

Receive a free individual dessert with purchase of any create your plate meal.

[Boston's The Gourmet Pizza](#)

Receive a free dessert.

[Brio Tuscan Grille](#)

Receive a free filet and crab shrimp cake.

[Bruegger's](#)

Receive a free cookie and an e-mail with a goofy looking mascot.

[Brunswick Bowling](#)

Two free games of bowling.

[Bruster's](#)

Receive a free BOGO coupon for a waffle cone.

[Buca di Beppo](#)

Receive a free small appetizer for groups up to 5. Receive a free large appetizer for groups of 6 or more.

[Buffalo Wild Wings](#)

Receive a free dessert.

[Burger King](#)

Receive a free kids meal to all kids club members.

[California Pizza Kitchen](#)

Receive a free child's meal for ages 10 and under, can be used any time during the birthday month. Online registration only; parent must set up account.

[Captain D's](#)

Your choice of a 2 piece fish dinner, fish & shrimp dinner, or season tilapia dinner.

[Caribou Coffee](#)

Receive a free drink.

[Carrabba's Italian Grill](#)

Receive a free dessert with purchase of an entree.

[Carrow's](#)

Receive a free dessert.

[Catherine's Perks Card](#)

Join the club to save 10% on purchases and receive member's only promotions.

[Cattlemen's](#)

Receive a free dessert and cowboy hat.

WoW Resource Center

[Charlie Brown's Steakhouse](#)

Sign-up and get a free dessert plus points for every dollar spent.

[Chevy's](#)

Receive a free entree.

[Chicken of the Sea](#)

Join their Mermaid Club and they'll send you a free birthday gift.

[Chick-fil-A](#)

Join Chick-fil-A Email Insiders where you will receive emails containing news, events, special offers and exclusive promotions.

[Children's Place](#)

Receive a coupon for 15% off.

[Chili's](#)

Receive a free brownie sundae.

[Chuck E. Cheese's](#)

Receive 20 free tokens.

[Claim Jumper](#)

Get a free dessert if you join the club now.

[Coldstone Creamery](#)

Receive a buy-one-get-one-free "Creations" confection for your birthday; you'll also get a BOGO when you join. Online registration only.

[Columbia Sportswear](#)

Receive a coupon for 20% off.

[Cost Plus World Market](#)

Save 10% on your next on-line purchase or receive a one-time use coupon.

[Country Buffet](#)

Take \$3 off a regular adult dinner.

[Country Kitchen](#)

Receive a free dinner entree up to \$8 in value with valid ID.

[Culver's](#)

Receive a free one-scoop sundae.

[CVS](#)

Receive a \$3 coupon.

[Dairy Queen](#)

One BOGO coupon for a free mini, small, or medium blizzard.

[Damon's Steakhouse](#)

Receive coupons for your birthday!

[Daphne's Greek Cafe](#)

Receive a free entree on your birthday when you join their ePita club.

[Dave & Buster's](#)

Receive a \$10 game card credit when you sign-up and \$5 credit on your b-day.

[Del Taco](#)

Receive a free premium milkshake.

[Denny's Birthday Club](#)

Receive a free kid's entree and sundae for ages 10 and under, on the actual birthday only. Sign-up in your local restaurant.

[Dickey's Barbecue Pit](#)

BOGO coupon for one free BBQ sandwich.

[Dippin' Dots](#)

Receive 10% off an online ice cream order and a free mug or charm with any merchandise offer.

[Disney Movie Rewards](#)

Get a code via e-mail for 25 Birthday Bonus Points.

[Don Pablo's](#)

Receive a free \$10 gift certificate after joining the Don Pablo Habanero Club.

[Dress Barn](#)

Sign-up to receive exclusive offers and benefits.

[DSW Rewards](#)

Receive a "\$5 off any purchase" certificate on your birthday. Note: You must shop at DSW either in-store or online within the year to receive the birthday certificate.

[Dunkin Donuts](#)

Receive coupons when you join Dunkin' Perks.

[Einstein Bros Bagels](#)

Receive a free breakfast sandwich when you buy any drink.

[El Chico's](#)

Receive a free fried ice cream.

WoW Resource Center

[El Torito](#)

Receive a free entree.

[Famous Dave's P.I.G. Club](#)

As an adult "Pretty Important Guest" you receive a buy-one-get-one-free entree (up to \$15); upon registering, you'll get a free sandwich or burger.

[Fazoli's](#)

Join their eFamily and get a coupon for a free desert.

[Fire Mountain](#)

Join the club and get a free meal on your birthday.

[Firehouse Subs](#)

Sign-up and get a coupon for a free sub.

[First Watch](#)

Get a BOGO coupon.

[Flat Top Grill](#)

Join their E-mail Club and get a coupon for a free stir fry on your birthday.

[Fox and Hound](#)

Receive a free BOGO coupon for any entree.

[Friendly's](#)

Receive a free ice cream cone with any purchase if you join their birthday club.

[Fuddrucker's](#)

Join the Fudd Club and receive a coupon for a free 1/3 pound burger.

[Genghis Grill](#)

Receive a free birthday bowl.

[Glory Days Grill](#)

Receive a free Oreo sliders.

[GNC Gold Card Program](#)

Receive 20% off each your initial on-line order with GNC Gold Card membership purchase. Then you will save 20% on everything in our stores or online the first seven days of every month for an entire year.

[Gold Star Chili](#)

Receive a free meal on your birthday, plus a free treat on your anniversary of joining up AND a free appetizer just for joining.

[Gordon Biersch](#)

Receive a free BOGO coupon for an entree.

[Great American Cookies](#)

Receive a free cookie cake slice with the purchase of a regular soda.

[Hallmark](#)

Receive points for every dollar spent.

[Hard Rock Cafe](#)

Receive a free dessert.

[Harkins Movie Theaters](#)

Present your ID at the box office and get a free medium sized popcorn on your birthday.

[Hollywood Video](#)

Receive a free video rental if you sign-up in advance.

[Hometown Buffet](#)

Join the Mega Bar Meal club and get not only a free meal on your birthday, but a free meal just for signing up!

[Hot Topic](#)

Receive a \$5 off coupon on a purchase of \$30.

[Houlihan's](#)

Receive a free menu item up to \$15.

[HuHot Mongolian Grill](#)

Sign-up to get a free meal.

[IHOP](#)

Receive a free Rooty Tooty Fresh 'N Fruity breakfast (two eggs, 2 bacon strips, 2 sausage links, and two pancakes).

[Jack in the Box](#)

Receive a free dessert with a valid ID and the printable coupon.

[Jason's Deli](#)

\$5 off any item.

[JC Penney Rewards](#)

Receive coupons by e-mail when you join the club.

[Jersey Mike's](#)

Receive a free regular sub and 22 oz. fountain drink.

WoW Resource Center

[Jockey Rewards](#)

Receive discounts and special bonuses when you join the club.

[Joe's Crab Shack](#)

Receive a free appetizer.

[Johnny Rockets](#)

Receive a free hamburger with purchase when you join the club.

[Juice It Up](#)

Receive a free BOGO 24 oz. smoothie.

[Keg Steakhouse and Bar](#)

They'll give you a 10 oz. prime rib dinner with Caesar salad during your birthday month, Sun-Thurs only. Call to confirm.

[Keva Juice](#)

Receive a coupon for free 24 oz. regular blend smoothie.

[Kmart](#)

Children get \$5.00 Birthday Bucks, a crown, happy birthday certificate, and Fun Pack with surprise goodies!

[Kohl's](#)

Sign-up to receive sale alerts and coupons.

[Krispy Kreme](#)

Receive a free half-dozen glazed donuts and a coffee mug with either coffee or soda.

[Kroger Plus Card Program](#)

Receive offers via e-mail and download coupons to your Kroger Plus Card when you join the savings program.

[La Madeleine](#)

Receive a free pastry.

[Logan's Roadhouse](#)

Receive a free Nutter Butter Fudgeslide with any entree purchase.

[Long John Silver's](#)

Receive coupons by e-mail when you join the club.

[Longhorn Steakhouse](#)

A delicious free dessert.

[MAC Cosmetics](#)

Sign-up to receive notice of special offers and events.

[Macaroni Grill](#)

Receive a free dessert plus an OPERA-style "Happy Birthday" song.

[Maggiano's](#)

\$10 off purchase of \$30 if you sign-up in advance.

[Maggie Moo's](#)

Receive a free ice cream cone.

[Marble Slab Creamery](#)

Kids can join the Marble Slab Kids Club and get a free ice cream cone on their birthday up to age 12.

[Marie Callender's](#)

Join their eClub and get free offers not only on your birthday, but anniversary as well.

[Max & Irma's Restaurant](#)

Receive coupons by e-mail when you join the club.

[McAlister's Deli](#)

\$5 coupon. I'm starting to see a pattern here.

[McDonald's](#)

Receive coupons by e-mail when you join the club.

[Medieval Times](#)

Receive a free BOGO admission coupon.

[Melting Pot Fondue Restaurant](#)

Sign-up to receive free chocolate fondue for two with purchase.

[Memphis BBQ](#)

Receive a free entree up to \$20.

[Mimi's Cafe](#)

A coupon for \$10 off your next purchase of \$20 or more.

[Moe's Southwest Grill](#)

One free entree (excluding fajitas) as well as free chips and salsa.

[Mongolian's B.B.Q.](#)

Signup for their Club Mongo and you'll get a coupon for a free birthday meal.

[Movie Gallery](#)

Get a free movie rental.

[Ninety-Nine](#)

Receive a free dessert.

WoW Resource Center

[Noodles & Company](#)

Signup for their newsletter and they'll send you a coupon for a free bowl of soup right around our birthday!

[Not Your Average Joe's](#)

Sign-up for their e-mail club and get a coupon sent to you for a free entree on your birthday!

[O'Charley's](#)

Get \$5 off any \$20 food purchase.

[Office Depot WorkLife Rewards](#)

Save 10% on ink, paper and toner. Receive coupons for other deals.

[Office Max - Max Perks Program](#)

Earn a \$25 reward for every \$500 you spend when you join the program.

[Old Country Buffet](#)

Join the Mega Bar Meal club and get not only a free meal on your birthday, but a free meal just for signing up!

[Old Navy](#)

\$10 off coupon on a purchase of \$50.

[Olive Garden](#)

Receive a free dessert if you sign-up for their club.

[On The Border](#)

Receive a free dip trio or brownie sundae.

[Orange Julius](#)

Receive a free BOGO 20 oz. Julius or premium fruit smoothie.

[Outback Steakhouse](#)

Sign-up to receive notice of special offers and coupons.

[P.B. Loco](#)

Sign-up for their newsletters and you'll receive coupons periodically for free stuff, as well as coupons for free stuff when your B-day rolls around.

[P.F. Chang's](#)

Receive a free cake or cheesecake via their e-mail list.

[Papa Murphy's](#)

Sign-up for their e-club and get a coupon for a free cookie dough on your birthday.

[PetSmart - PetPerks](#)

Sign-up now and receive a Welcome Kit with more than \$100 in store coupons. In addition, you get exclusive offers and coupons sent to you.

[Perkin's Restaurant](#)

Receive a free bakery goodie on birthdays for kids under 12.

[Piccadilly](#)

Sign-up to receive coupons by e-mail.

[Planet Smoothie](#)

Receive a free small smoothie.

[Ponderosa](#)

Receive a free steak dinner.

[Proctor & Gamble](#)

Receive a batch of BOGO coupons for various products.

[Qdoba Mexican Grill](#)

Join their eClub and get a free burrito on your birthday, as well as free chips n' salsa just for joining the club.

[Quizno's](#)

Join their mailing list and get a free cookie. You'll also get a coupon for a free Sammie when you sign-up.

[Red Lobster](#)

Join their Overboard Club and receive a coupon for \$5 off two adult entrees.

[Red Robin E-club](#)

Receive a free Gourmet Burger if you pick up a Red Royalty Card at your local restaurant and then register it online.

[Regal Cinemas Crown Club](#)

Join for FREE the Regal Crown Club program and earn rewards for going to the movies. Earn credits for Free movies, popcorn, soft drinks and more!

[Ringling Brothers Circus](#)

Sign your newborn up for a free ticket to the circus that never expires. Then just save it until your little one has a birthday later on and give it to them.

[Rita's Italian Ice](#)

Receive a free regular Italian Ice.

[Rock Bottom](#)

Receive a free appetizer for Mug Club members.

[Round Table Pizza](#)

Register with your local restaurant and get a coupon for a free personal pizza.

WoW Resource Center

[Ruby Tuesday](#)

Receive a free handcrafted burger of your choice.

[Ruth's Chris Steak House](#)

Sign-up to receive special promotions.

[Ryan's](#)

Join the Mega Bar Meal club and get not only a free meal on your birthday, but a free meal just for signing up!

[San Francisco Oven](#)

Sign-up in advance and you'll get a coupon for a free birthday treat.

[Schlotzsky's](#)

Get a free sandwich if you sign-up ahead of time.

[Sears Rewards](#)

Receive coupons by e-mail when you join the club.

[Sephora's Beauty Insider](#)

Get a "pretty surprise" on your special day. Creating an account with the store's Beauty Insider program automatically registers you.

[Shane's Rib Shack](#)

Receive a free birthday sandwich.

[Shari's Restaurant](#)

Receive a free slice of pie.

[Smoky Bones](#)

Receive a \$5 coupon.

[Smoothie King](#)

BOGO coupon for a free 20 oz. smoothie.

[Sonic](#)

Coupons for free Sonic goodies if you sign-up.

[Souper Salad](#)

Join their Souper Salad Club and they'll e-mail you a coupon for one free birthday meal which can be used within a week or your birthday.

[Spaghetti Warehouse](#)

Receive a free spaghetti entree and spumoni sundae.

[Spicy Pickle](#)

One free entree via their pickle club.

[Staples Rewards](#)

Save 10% on ink, paper and toner. Receive coupons for other deals.

[Starbuck's](#)

If you have a giftcard for their store, register it and receive a free coffee on your birthday.

[Steak 'n Shake](#)

Receive a free Double Steakburger with Cheese 'n Fries.

[Sticky Fingers](#)

You get a free half-slab of ribs or any other menu item priced up to \$13.99.

[Subway](#)

Sign-up to receive coupons by e-mail.

[Swagbucks](#)

Receive 50 free Swagbucks.

[T.G.I. Friday's](#)

Receive a free dessert with the purchase of an entree.

[Taco Bueno](#)

Receive free cheesecake chimichangas with the purchase of any entree or platter.

[Taco Cabana](#)

Receive a free flauta plate which includes 3 chicken flautas with rice, beans, pico de gallo, sour cream, guacamole and 2 fresh flour tortillas.

[Taco Del Mar](#)

Receive a coupon for a free Grilled Chicken Taco Salad that's valid for the month of your birthday.

[Taco John's](#)

Get a free order of Cini-Sopapilla Bites.

[TCBY](#)

Receive a free small cup of frozen yogurt and \$3 off a cake or pie.

[Ted's Montana Grill](#)

Receive a free cookie and ice cream dessert.

[Texas De Brazil](#)

Receive a free BOGO coupon for a dinner.

[Texas Roadhouse](#)

Receive a free appetizer or sidekick of ribs.

[The Children's Place](#)

Register for their Birthday Club and receive 15% off on yours and your child's birthday.

WoW Resource Center

[The Fox and Hound](#)

[The Old Spaghetti Factory](#)

[The Palm](#)

[Tony Roma's](#)

[Toys R Us](#)

[Tropical Smoothie Cafe](#)

[Uno's Pizza](#)

[Victoria's Secret](#)

[Waffle House](#)

[Wendy's](#)

[Which Wich](#)

[White Castle](#)

[Whole Foods](#)

[Wienerchnitzel](#)

[Wingstop Email Club](#)

[Z' Tejas](#)

[Zaxby's](#)

[Zoe's Kitchen](#)

Receive a free appetizer just for joining plus free entree on your birthday.

Kids 12 and under get a free meal.

Receive a 3-lb lobster, but you must be a member first and follow a few rules.

Receive a free entree up to \$15.99.

Sign-up ahead of time and once your child's birthday rolls around, they'll get a personalized letter in the mail. Plus, bring your child into any Toys R Us and they'll get a hat & balloon before having their birthday announced over the loudspeaker. You'll also get a \$3 gift card in mail.

Receive a coupon for a free smoothie.

Sign-up and get a free personal pizza on your birthday.

Sign-up to receive exclusive offers and alerts.

Join their Regulars Club and get a special coupon for a free waffle.

Take \$1 off any premium combo.

Receive a free regular Wich (AKA sandwich).

Sign-up to receive coupons by e-mail.

Kids 12 and under can get a Whole Kids Club Card at and get a free organic treat on every visit up to a \$1.99 value. Visit the customer service counter at your local store to see if they participate and pick up your member cards.

Receive a free corn dog plus a free chili dog when you sign-up.

Get a large order of fries when you join.

Receive a \$10 coupon for the month of your birthday if you join their club.

Receive a free nibbler and free meal deal.

Receive a free BOGO coupon for an entree.