

2025 Birthday Freebie List

A Month of Birthday Treats

- **Free Food:** Enjoy complimentary meals, desserts, and snacks from restaurants like Applebee's, Arby's, and Baskin Robbins.
- **Beauty Freebies:** Pamper yourself with free makeup and skincare products from stores like Bath & Body Works.
- **Retail Rewards:** Score special discounts and freebies at retailers like Ace Hardware and American Eagle.
- **Sweet Treats:** Indulge in free ice cream, cookies, and pretzels from places like Cinnabon, Crumbl Cookies, and Auntie Anne's.

4 Easy Tips for Scoring Free Stuff on Your Birthday

Getting free goodies on your birthday? Yes, please! But before you start announcing it to every cashier in town, there are a few things to know. Most birthday freebies come with a few strings attached—but they're usually easy to handle. Here's how to make sure you don't miss out:

1. Join Their Rewards Program

Most places that hand out birthday treats want you to be part of their club—aka their rewards program. Don't worry, these are almost always free to join, and it just takes a few minutes to sign up.

2. Download Their App

A lot of restaurants and stores now send birthday offers through their apps. So if there's a place you love, go ahead and download their app ahead of time—you might get a freebie (or even bonus perks just for downloading!).

3. Get on Their Email List

Some spots send birthday gifts straight to your inbox. So if they ask

you to sign up for emails, it's worth it—especially if it means a free drink, dessert, or discount.

4. **Check the Fine Print**

Here's the tricky part: timing. Some places only let you use your freebie on your actual birthday. Others give you a few days, or even the whole month. And some might require you to sign up *before* your birthday month kicks off. So always double-check the details to make sure you don't miss out.

Top 10 for June

1. **Krispy Kreme**

- **Birthday Freebie:** A free dozen Original Glazed doughnuts during your birthday month.
- **How to Claim:** Sign up for the Krispy Kreme Rewards program.
- **Note:** Offer valid during your birthday month.

2. **The Cheesecake Factory**

- **Birthday Freebie:** A free slice of cheesecake.
- **How to Claim:** Join the Cheesecake Rewards program.
- **Note:** Offer may vary by location; check with your local restaurant.

3. **Denny's**

- **Birthday Freebie:** A free Grand Slam breakfast.
- **How to Claim:** Show a valid ID on your birthday; no sign-up required.
- **Note:** Offer valid only on your actual birthday.

4. **Nothing Bundt Cakes**

- **Birthday Freebie:** A free Bundtlet cake.
- **How to Claim:** Join the Nothing Bundt Cakes eClub.
- **Note:** Offer typically valid one week before your birthday.

5. **Chick-fil-A**

- **Birthday Freebie:** A free dessert or entrée, depending on membership tier.
- **How to Claim:** Sign up for the Chick-fil-A One Rewards program.
- **Note:** Rewards vary by tier; higher tiers receive more substantial freebies.

6. **Benihana**

- **Birthday Freebie:** A \$30 birthday certificate.

- **How to Claim:** Join the Chef's Table program at least 30 days before your birthday.
- **Note:** Certificate valid during your birthday month.

7. Anthony's Coal Fired Pizza

- **Birthday Freebie:** A free 12-inch traditional pizza with any \$5 purchase.
- **How to Claim:** Join the Coal Fired Rewards program.
- **Note:** Offer valid during your birthday month.

8. IHOP

- **Birthday Freebie:** A free stack of pancakes.
- **How to Claim:** Sign up for the IHOP Rewards program.
- **Note:** Offer valid during your birthday month.

9. Publix

- **Birthday Freebie:** A free bar cake or container of premium ice cream.
- **How to Claim:** Join Club Publix.
- **Note:** Offer typically sent via email during your birthday month.

10. Pollo Tropical

- **Birthday Freebie:** A free half fire-grilled chicken platter.
- **How to Claim:** Join the Pollo Rewards program.
- **Note:** Offer valid during your birthday month.



Food Freebies

Place	Offer Information
<u>Abuelo's</u>	Get a free special treat on your birthday!
<u>Applebee's</u>	Free birthday dessert if you're a member of their rewards program
<u>Arby's</u>	Free milkshake on your birthday at participating locations, or a discount offer

Place	Offer Information
<u>Atlanta Bread</u>	Score extra rewards on your birthday when you join <u>Rise Rewards</u> . These offers change, but we've seen a free cookie in the past.
<u>Au Bon Pain</u>	Free gift on your birthday (varies by location) and a free coffee and bakery item for signing up
<u>Auntie Anne's</u>	Free Pretzel on your birthday as long as spend \$10 there annually
<u>Baja Fresh</u>	Members of Club Baja receive a special birthday treat, which is typically a free taco or similar offer
<u>Baskin Robbins</u>	Free scoop on your birthday when you join their Birthday Club
<u>Bashas'</u>	Free birthday stuff and in-store special offers during your birthday month
<u>BD's Mongolian Grill</u>	Free bowl with the purchase of any bowl every year
<u>Benihana</u>	Free complimentary \$30 Benihana Birthday Certificate during the month of your birthday
<u>Ben & Jerry's</u>	Free cone-gratulationary surprise
<u>BGR The Burger Joint</u>	Score either a free shake or burger when you join rewards, on your birthday
<u>Big Al's Steaks</u>	Free birthday cheesesteak
<u>Big Boy</u>	Birthday dessert on the house when you join the <u>email club</u> .
<u>BJ's Restaurants</u>	Join BJ's Premier Rewards Plus program to earn a free "Pizookie" (that's a pizza cookie with a scoop of vanilla ice cream) when you sign up and on your birthday.

Place	Offer Information
<u>Black Angus Steakhouse</u>	Earn two times the points (10 points per \$1 purchased) your entire birthday month. If you join during your birthday month, you'll receive the 2x points the following month—for the whole month!
<u>Black Bear Diner</u>	Free meal on your birthday
<u>Bob Evans</u>	Kids can score a free meal on their birthday with an adult entree purchase
<u>Boiling Point</u>	Free Hotpot + Drink (ID required). May vary by location.
<u>Bonefish Grill</u>	Free dessert or appetizer on your birthday
<u>Boston's Pizza</u>	Free dessert on your birthday when you join Boston's Pizza rewards
<u>Bruegger's Bagels</u>	Free bagel and cream cheese of your choice on your birthday as part of the Bruegger's Bagels Inner Circle
<u>Buca di Beppo</u>	Free \$10 gift when you sign up for Buca di Beppo's eClub. For your birthday you'll get a \$20 off \$40 coupon and a free colossal brownie sundae (value \$18.99)
<u>Buffalo Wild Wings</u>	Free 6 wings during your birthday month
<u>California Pizza Kitchen</u>	Free dessert during your birthday month as a member of the CPK Rewards program
<u>Caribou Coffee</u>	Sign up for Caribou Perks and get two complimentary drinks as long as you made a purchase within six months. You'll get one free drink when you sign up and one free drink on your birthday
<u>Carrabba's</u>	Sign up for Carrabba's email list to get 50% off every fourth visit and a free dessert or appetizer for your birthday with the purchase of an entree. You'll also get a free calamari!

Place	Offer Information
<u>CAVA</u>	Make your day just a little more delicious with CAVA on us.
<u>Charlie Brown's Grill</u>	\$10.00 birthday discount (\$10.00 on the purchase of two entrees or \$5.00 off the purchase of one entrée) will automatically generate on your account on the first day of the birthday month and expire 90 days from that date
<u>Cheesecake Factory</u>	If you order dessert, we'll personalize the plate with "Happy Birthday" (or Anniversary, Good Luck, etc.) and your special guest's name written in chocolate or caramel. We decorate the plate with candy confetti and place a candle on top.
<u>Chevy's Fresh Mex</u>	FREE ENTRÉE just for signing up & a FREE ENTRÉE for your Birthday
<u>Chick-fil-A</u>	Varies by location. Depends on Franchise owner. Check rewards app
<u>Chicken Salad Chick</u>	Free Original Chick meal on your birthday
<u>Chili's</u>	Free dessert on your birthday
<u>Chipotle</u>	Free surprise reward on your birthday
<u>Chuck E Cheese</u>	Free Birthday and Half-Birthday Rewards
<u>Cinnabon</u>	Free 4ct BonBites for signing up and a free 16oz cold brew for your birthday
<u>Cold Stone Creamery</u>	Buy one get one off coupon (BOGO free Creation coupon each birthday)
<u>Corner Bakery</u>	Free birthday surprise which typically includes a pastry or similar treat
<u>Country Kitchen</u>	Receive a surprise on your birthday when you register for Country Kitchen's CK eClub.

Place	Offer Information
<u>Cousin Subs</u>	Birthday gift
<u>Cracker Barrel</u>	When you register for Cracker Barrel Rewards and tell them that it's your birthday, they'll give you a free dessert up to a \$5.49 value
<u>Crumbl Cookie</u>	Free cookie on your birthday every year (\$5 Voucher)
<u>Culver's</u>	Free one scoop dish with one topping
<u>Dairy Queen</u>	BOGO Blizzard deal on your birthday. May vary by location
<u>Del Taco</u>	Free birthday reward or free shake on your birthday
<u>Denny's</u>	Free Grand Slam breakfast on your birthday
<u>Dippin' Dots</u>	Free Dippin' Dots on your birthday through the Dot Crazy! Email Club
<u>Dunkin' Donuts</u>	3x points on purchases the day before, on, or after your birthday, plus a free beverage
<u>Dunn Brothers Coffee</u>	Free \$5 birthday credit
<u>Dutch Bros.</u>	Free birthday drink of any size when you sign up for Dutch Rewards
<u>Earl Of Sandwich</u>	Free birthday gift
<u>East Coast Wings & Grill</u>	\$10 birthday bonus
<u>Edible Arrangements</u>	Free 6-count chocolate-dipped fruit box on your birthday if you've spent at least \$29 in the previous year
<u>Einstein Bros. Bagels</u>	Free egg sandwich with purchase on your birthday
<u>El Chico</u>	Free complimentary dessert on your birthday

Place	Offer Information
<u>El Pollo Loco</u>	Free \$5 or \$10 reward on your birthday, depending on your reward status
<u>El Torito</u>	Free entrée on your birthday when you join their rewards program
<u>Famous Dave's</u>	Free birthday gift, typically a food item
<u>Firehouse Subs</u>	Free medium sub with any purchase on your birthday
<u>Flat Top Grill</u>	Free birthday meal gift through their E-Club
<u>Friendly's</u>	Free ice cream during your birthday month when you join their BFF club
<u>Fuddruckers</u>	Sign up and get a free BOGO treat on your birthday. Varies by location
<u>First Watch</u>	Get a BOGO breakfast, brunch or lunch for your birthday when you join the Sun EClub. You can sign up by downloading the First Watch app via the <u>App Store</u> or <u>Google Play</u> .
<u>Genghis Grill</u>	Free create your own bowl on your birthday with any bowl purchase. Must be registered 30 days before your birthday for reward to show
<u>Great American Cookies</u>	Download the Great American Cookies rewards app and get a birthday reward from Great American Cookie on your birthday. In the past we've seen a free slice of birthday cookie cake and a \$5 off your purchase coupon. May vary.
<u>Hard Rock Cafe</u>	Free dessert and framed photo on your birthday. Some locations may also offer 20% off your entire bill with a minimum purchase or other offers
<u>Hooters</u>	Free wings on your birthday when you sign up for the Hooters eClub

Place	Offer Information
<u>Houlihans</u>	Get \$10 just for signing up, and enjoy a free birthday and anniversary gift (entree)
<u>IHOP</u>	Free stack of pancakes (given as PanCoins) on your <u>birthday</u> through the IHOP rewards program
<u>Ike's Love & Sandwiches</u>	Free \$15 credit on your birthday, which can be used towards a free sandwich
<u>Jack in the Box</u>	Free food item on your birthday when you join their rewards program
<u>Jamba Juice</u>	Free smoothie on your birthday when you join the Jamba Insider Rewards program
<u>Jersey Mike's</u>	Free sandwich on your birthday. However, new sign-ups might be temporarily unavailable.
<u>Jimmy John's</u>	Birthday surprises, which may vary but typically include a free sandwich
<u>Joe's Crab Shack</u>	Free appetizer treat on your birthday and a free appetizer when you sign up
<u>Krispy Kreme</u>	Free 3 ct. original glazed doughnuts. Offer may vary.
<u>La Madeline</u>	Free bakery treat for your birthday
<u>Logan's Roadhouse</u>	Free Birthday Dessert
<u>Longhorn Steakhouse</u>	Free dessert on your birthday with purchase of an adult entree.
<u>Macaroni Grill</u>	Exclusive Birthday Dessert Reward when you join the club
<u>Maggiano's</u>	Join Maggiano's Italian restaurant E-Club and you'll receive and exclusive birthday gift on your birthday.

Place	Offer Information
<u>Marble Slab/Maggie Moo's</u>	Free ice cream reward on your birthday and anniversary
<u>Marie Callendar's</u>	Exclusive offer on your birthday
<u>McAlister's Deli</u>	Free birthday treat
<u>McDonald's</u>	Free food item on your birthday. Several options to choose/varies by store
<u>Menchie's</u>	Free \$5.00 FROYO on your birthday
<u>Mimi's Cafe</u>	Free sweet reward on your birthday
<u>The Melting Pot</u>	Free deal vouchers/rewards on your birthday
<u>Moe's Southwest Grill</u>	Free cup of queso or guac on your birthday every year
<u>Noodles & Company</u>	Free dessert reward on your birthday
<u>Nothing Bundt Cakes</u>	Free bundtlet on your Birthday
<u>Not Your Average Joes</u>	Special offer on your birthday
<u>O'Charley's</u>	Receive a birthday offer (coupon) — like a free dessert — for signing up for O'Charley's O'Club, as well as a free welcome appetizer
<u>Old Chicago</u>	Free pizza on your birthday
<u>Olive Garden</u>	Complimentary dessert on your birthday
<u>On the Border</u>	Free surprise on your birthday
<u>Orange Julius</u>	Free birthday offer

Place	Offer Information
<u>Orange Leaf</u>	Free froyo on your birthday
<u>Outback Steakhouse</u>	Free dessert on your birthday
<u>Panda Express</u>	Free selection of gifts on your birthday
<u>Panera Bread</u>	Get a free pastry or sweet on your birthday, plus a reward just for signing up for <u>MyPanera</u> .
<u>Papa Johns</u>	Free dessert for your birthday
<u>Papa Murphy's</u>	Free birthday pizza
<u>Pei Wei</u>	Free birthday reward
<u>Perkins</u>	Special birthday gift
<u>P.F. Chang's</u>	Free dessert or appetizer during your birthday month
<u>Pinkberry</u>	Free yogurt after 10 purchases and on your birthday too.
<u>Pita Pit</u>	Sign up for the Pita Pit Rewards Club to get a free pita on your birthday
<u>Pizza Hut</u>	Free special reward on your birthday. May vary by location.
<u>Planet Smoothie</u>	\$6.00 birthday reward
<u>Popeyes</u>	Free apple pie
<u>Portillo's</u>	Free slice of cake on your birthday, on your half birthday (plus add up to 3 kids birthday
<u>Publix</u>	Free birthday treat when you join Club Publix
<u>Qdoba</u>	Free chips & queso on your birthday or entree depending on your reward status
<u>Quiznos</u>	Buy one get one regular sub for your birthday

Place	Offer Information
<u>Rainforest Cafe</u>	\$25 Birthday Reward
<u>Red Lobster</u>	Free gift for your birthday – an appetizer or desert
<u>Red Robin</u>	Red Robin offers a free burger from the Gourmet, Tavern, or Veggie sections during your birthday month with a minimum \$4.99 purchase for dine-in. They also provide a Free Kids' Meal for children's birthdays.
<u>Rita's Ice</u>	Free birthday treat. Varies by location (not all locations participate)
<u>Rodizio Grill</u>	Free gift for joining and a gift on your birthday
<u>Rubio's</u>	Special birthday surprises
<u>Ruby Tuesday</u>	Free dessert
<u>Sbarro</u>	Free slice with a \$5+ purchase on your birthday when you sign up for Sbarro Rewards.
<u>Slim Chickens</u>	Free Birthday Treat
<u>Smashburger</u>	Free Reward on your birthday
<u>Smoothie King</u>	Free smoothie deal on your birthday for Healthy Rewards members
<u>Sonic</u>	You need to download the Sonic app to receive exclusive promos and birthday offers. The offer changes every year, but we've seen free corn dogs, shakes, and sides for your birthday freebies
<u>Sonny's BBQ</u>	Free Big Deal combo on your birthday
<u>Spaghetti Warehouse</u>	FREE Special Birthday Meal (May vary by location)
<u>Sprinkles Cupcakes</u>	Free cupcake on your birthday

Place	Offer Information
<u>Starbucks</u>	Free drink on your birthday (Offer May Vary). To qualify for the Birthday Reward, you must have made at least one Star-earning transaction.
<u>Steak 'n Shake</u>	Free birthday offer (we have seen shakes, but offers may vary)
<u>Subway</u>	Free present on your birthday
<u>Taco Bell</u>	Free gift for your birthday when you join Taco Bell Rewards (Reward may be different at other locations or change at any time)
<u>Taco Cabana</u>	Free birthday surprise
<u>TCBY</u>	Free froyo on your birthday
<u>Texas Roadhouse</u>	Free appetizer, entree or dessert on your birthday. May vary by location
<u>TGI Fridays</u>	Free birthday dessert
<u>Tijuana Flats</u>	Free dessert reward
<u>Tropical Smoothie Cafe</u>	Surprise Birthday Reward
<u>Tucanos</u>	Free birthday meal with the purchase of an entree to their ClubTucanos members
<u>Waffle House</u>	Free classic waffle or hashbrown on your birthday (Offer May Vary)
<u>Weinerschnitzel</u>	Free food for signing up, free food on your birthday
<u>Wendy's</u>	Free Frosty on your birthday. Offer may vary
<u>Wetzel Pretzel</u>	Free Original or Sinful Cinnamon Pretzel valid for 30 days after your birthday

Place	Offer Information
Whataburger	Free birthday offer (we have seen free shakes, but this may vary)
Which Wich	Free Wich for your birthday
Wingstop	Free gift on your birthday
Yogurtland	Free birthday treat
Zaxby's	Free food on your birthday. Offer may vary by location

Freebies from stores

Place	Offer Info
DSW Shoes	Free \$5 or \$10 certificate for your birthday
FamousFootwear	Free \$5 birthday cash rewards plus 2x points in your birthday month
Madewell	\$25 off Birthday gift
Old Navy	Birthday "Bonus"
Hot Topic	Free \$5 Off Birthday Reward
Victoria's Secret	Free \$10 reward for your birthday

Entertainment Freebies

Place	Offer Info
AMC Theaters	Free large popcorn on your birthday for AMC Stubs Insider members or free large popcorn and free large fountain drink for AMC Stubs Premiere & A-List members

More Freebies at TopSave.org

Place	Offer Info
<u>Disney Movie Rewards</u>	Get free bonus points on your birthday
<u>Medieval Times</u>	Special coupon offer to use during your birthday month
<u>Regal</u>	Free Popcorn

Self-Care/Makeup Freebies

Place	Offer Info
<u>Aveda</u>	Sign up and get a free composition oil with any purchase on your birthday! Gifts may vary.
<u>Kendra Scott</u>	Get 50% off one Fashion Jewelry item and/or 25% off one Fine, Sterling Silver or Home Collection Item
<u>Sephora</u>	Free gift during your birthday month *Free in store. Spend \$25+ to redeem online.
<u>Smashbox</u>	Free gift for your birthday
<u>The Body Shop</u>	Free \$10 voucher on your birthday
<u>ULTA</u>	Free Gift during your birthday month. (Varies month by month.)

But wait there is MORE!

Place	Offer info
<u>Ace Hardware</u>	Sign up and get a \$5 or \$10 coupon for your birthday at participating locations.

Place	Offer info
<u>American Eagle</u>	Sign up for the American Eagle Real Rewards program and you'll get a \$5 birthday reward
<u>Anthropologie</u>	Sign up for Anthro Perks to get a birthday discount
<u>Banana Republic</u>	Sign up for Banana Republic Rewards and receive a gift on your birthday.
<u>Bare Minerals</u>	Bare Minerals Good Rewards offers its club members a surprise birthday gift!
<u>Barnes & Noble</u>	Barnes & Noble offers a special offer on your birthday + Free B&N Café treat and Paper Source craft for your children's birthdays
<u>Bath & Body Works</u>	Free annual birthday gift with purchase
<u>Benefit Cosmetics</u>	Free birthday reward
<u>Bluemercury</u>	Free (full-size) present to celebrate
<u>Build-A-Bear Workshop</u>	Snag a Birthday Bear for your little one for the same cost as the age they are turning!
<u>Columbia</u>	Get 20% off on your birthday
<u>CVS</u>	Get \$3 on your CVS ExtraCare card on your birthday
<u>Dave & Buster's</u>	Free gift on your birthday. May vary by location.
<u>IKEA</u>	Yearly birthday coupon and treat
<u>JCPenney</u>	Join the JC Penney Rewards program and get a \$10 CashPass reward for your birthday
<u>Kohl's</u>	Sign up for Kohl's Rewards program to get a special gift for your birthday, just make a purchase prior to your birthday month

Place	Offer info
Madewell	Receive \$25 on the big day, and \$15 for your half birthday.
Michael Kors	Birthday Reward
Miniso	Free BlindBox. No purchase necessary. May vary by location.
Nature Made	Birthday Reward when you sign up and add your Birthday
PetSmart	Rewards members will get a birthday or gotcha day gift
Tecovas	\$50 off a future purchase of full-price Tecovas boots
Target	Get an offer for 5% off a future purchase on the day of your birthday (it's valid for the next 30 days). To get the offer, sign up for Target Circle and add your birth date to your Circle account.
The Container Store	15 – 25% off coupon as a birthday gift from The Container Store when you sign up for their Organized Insider rewards program
World Market	Surprise Gift on Your Birthday
Yankee Candle	Free birthday reward when you sign up for their Fragrance Family
Zips Car Wash	When you download the ZIPS app, you'll get a free carwash, access to points on in-app purchases, a free wash on your birthday and multi-car discounts on ZIPS Unlimited.

How to Claim Your Birthday Goodies

1. **Sign Up:** Join the rewards program or email list of your favorite brands *before* your birthday month.
2. **Check Your Email:** Many offers are sent via email, so keep an eye on your inbox.

3. **Download the App:** Some freebies are exclusively available through the brand's mobile app.
4. **Redeem In-Store or Online:** Follow the instructions in your email or app to redeem your birthday reward.

Tip: Some offers may require a minimum purchase, so be sure to read the fine print.

Who's Eligible for These Birthday Freebies?

- **Age:** Varies by offer (some may require 13+, others 18+)
- **Location:** Available at participating locations in the United States (check specific offer details).
- **Deadline:** Offers are generally valid during your birthday month, but some may have shorter expiration dates.
- **Restrictions:** Many require you to be a member of their rewards program or email list.
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Make Your Birthday Extra Special This Year!

Don't miss out on these amazing [birthday freebies for June 2025](#)! Sign up for your favorite rewards programs today and get ready to celebrate with tons of free food, treats, and goodies. Remember to check back often for even more opportunities to save!