

Senior Birthday Freebies or Discounts 2025

(Note: To receive a discount, some locations may require you to sign up for their rewards program. Check each location first.)

A&W	Free small root beer float
Abuelo's	Special offers for your birthday
Acapulco	Free entrée, up to \$15
Ace Hardware	\$5 off any purchase over \$5
adidas	"Birthday offer" if you're at least level 2 in their rewards club
Aerie	15% off one item
Alamo Drafthouse Cinema	Free dessert milkshake or candy
AMC Theatres	Free large popcorn
American Eagle	15% off one item
Andy's Frozen Custard	Free small cake ice cream cone
Anthony's Coal Fired Pizza	Free 12" traditional pizza if you spend \$5
Applebee's	Free dessert with any purchase \$15
Arby's	Free medium shake with any full-price menu item
Athleta	Birthday coupon emailed to you
Atlanta Bread	Free cookie with any purchase
Au Bon Pain	Free full-size cookie

Auntie Anne's Pretzels	Free pretzel
Aveda	Free gift valued at \$23 + double points
Back Yard Burgers	Free milkshake or baked cobbler ala mode dessert
Bahama Breeze	Free dessert with purchase of entrée
Baja Fresh	Free burrito with purchase of any beverage
Bakers Square	Free slice of pie
Banana Republic	Birthday coupon emailed to you
bareMinerals	"birthday gift that are nothing short of fabulous"
BarkBox	Enter your pets birthday and get a special box that month
Barnes & Noble	Children get a free cupcake or cookie at their café. Children at heart get nothing
Baskin-Robbins	Free 4-oz. scoop of ice cream
Bass Pro Shop	"Special reward" offer
bd's Mongolian Grill	Free BOGO bowl of stir-fry
Bebe	500 points, which can be used to get free clothes
Beef 'O' Brady's	Free appetizer with purchase of any entree, up to \$8 in value
Belk	Store coupon
Ben & Jerry's Ice Cream	"a cone-gratulatory surprise on your birthday,"

Benihana	Free \$30 gift certificate with the purchase of a 2nd adult entree, Mon-Thur only
Bennigans	Free BOGO entree, up to \$15
Bertucci's	Free slice of chocolate cake
Best Buy	Members receive a special birthday gift during their birthday month.
Biaggi's	Free appetizer or dessert with any entree
Bibibop	Free birthday bowl
Big Boy	Free hot fudge ice cream cake
Big Lots	15% off next purchase
Biggby Coffee	Free drink, up to 24oz.
BJ's Restaurant	Free Pizookie dessert
Black Angus Steakhouse	Earn 2x points (10 points per \$1 spent) during your birthday month
Black Bear Diner	Free Bearthday Breakfast (pancakes or waffles, eggs, and bacon or sausage)
Bojangles'	Free Bo-Berry biscuit with any purchase
Bonanza Steakhouse	\$5 off any dine-in food purchase
Bonefish Grill	Free Bang Bang shrimp or dessert
Books-A-Million	20% off next entire purchase
Boston Market	Free dessert
Boston's Pizza	Free dessert with any meal purchase

Brio Italian Grille	Free dessert with minimum purchase
Bruegger's Bagels	Free bagel with cream cheese with any purchase
Bruster's	\$3 off coupon
Bubba Gump Shrimp	Free birthday cupcake, complete with candle and song!
Buca di Beppo	Free colossal brownie sundae (feeds 4 people!) OR double dark chocolate cake
Buffalo Wild Wings	6 free buffalo wings
Build-A-Bear	"free gift for every birthday on your account"
Burger King	Double bonus points for every \$1 spent during birthday month
BurgerFi	Free frozen custard shake
Cafe Zupas	Free dessert with minimum of \$5 order
California Pizza Kitchen	Free dessert
California Tortilla	\$10 Burrito Bucks, to be spent on any menu item.
Captain D's	Free dessert with the purchase of a meal
Caribou Coffee	Free any drink, any size, as long as you've made a purchase in the previous 6 months
Carl Jr's	Free chocolate cake with any \$1+ purchase in the app
Carrabba's Italian Grill	Free appetizer or dessert

Carvel	Free soft serve ice cream cone & \$2 off any cake
Casey's	Free donut or cookie
CAVA	
Champs Sports	"FLX Surprise Birthday Gift" of 500 points
Charleys Cheesesteaks	Free drink in any size, including real fruit lemonades
Checkers	Free funnel cake fries and 100 bonus points
Checkout 51	Free \$1 cash back on any cake, cupcakes, or sweets
Cheddar's	Free dessert with adult entree purchase
Cheesecake Factory	Free birthday sundae with a tiny "scoopette" of vanilla ice cream & fudge
Chevys	Free entrée, up to \$15
Chick-fil-A	Free chocolate chunk cookie or chocolate fudge brownie
Chicken Salad Chick	Free Chick Meal
Chili's	Free dessert with any \$5 purchase
Chipotle	Free Chips & Guac during your birthday month with a \$5+ purchase.
Chuck E. Cheese's	Free Dippin' Dots
Church's Chicken	Free piece of chicken (thigh, leg, or strip)
Cicis	Free adult pizza buffet
Cinnabon	Free 16oz. cold brew drink

Coco's Bakery Restaurant	Free slice of pie
Cold Stone Creamery	Free BOGO coupon for a Cold Stone Creation
Columbia Sportswear	Coupon for 20% off
Corner Bakery Cafe	Free bakery dessert
Cost Plus World Market	15% off coupon on gourmet food & non-alcoholic beverages
Costa Vida	Free Tres Leches, Key Lime Pie, Chocolate Chip Cookie or Cinnamon Tortilla dessert
Country Kitchen	Free entree, up to \$12
Cracker Barrel	Free dessert if any purchase has been made during previous 12 months
Crumbl Cookies	Free cookie
Culver's	Free single scoop of frozen custard with one topping
CVS	Coupon for \$3 ExtraBucks Rewards to use on any purchase
Dairy Queen	Free BOGO Blizzard
Daphne's	Free \$5 off next visit, automatically loaded onto your Pita Points Rewards Club card
Del Taco	Free regular sized premium milkshake
Denny's	Your breakfast choice from two pancakes, two french toast, or biscuit & gravy

Dickey's Barbecue Pit	Free barbecue classic sandwich
Dippin' Dots	Free small cup of Dippin' Dots ice cream
Disney Movie Insiders	25 free Disney Movie Insiders points
Dog Haus	Free breakfast burrito
DraftKings	Free \$5 DK Dollars to bet
DSW	\$5 off coupon of any \$5+ purchase
Duck Donuts	Free donut
Dunkin'	3X POINTS on any purchases made the day before their birthday, the day of their birthday, or the day after their birthday
Dutch Bros Coffee	*uncertain what current offer is*
Earl of Sandwich	Free brownie or cookie
Eat'n Park	Free slice of pizza with any \$10+ purchase
Eddie Bauer	10% off entire online purchase!
Edible Arrangements	Free 6-ct chocolate dipped fruit box worth \$12.99
Einstein Bros Bagels	Free breakfast sandwich with any purchase
El Chico	Free brownie sundae
El Pollo Loco	Free \$5 coupon with any \$5+ purchase
El Torito	Free entrée, up to \$15

elf Cosmetics	Free full-sized product with any purchase
Famous Dave's BBQ	Free dessert, up to \$9
Famous Footwear	\$5 store credit and earn 2x points per dollar during your birthday month.
Fandango	Free \$4 off next movie ticket
Fazoli's	Free dessert with any purchase over \$6.49
Finish Line	\$5 off coupon
Firehouse Subs	Free medium sub if you made a purchase within the previous 6 months
First Watch	Free BOGO entrée
Flat Top Grill	BOGO "creation," which I really hope is an entree bowl
Foot Locker	"FLX Surprise Birthday Gift" of 500 points
Freddy's	Surprise reward added to your account that changes each year
Friendly's	Free medium sundae with \$10+ purchase
Fuddruckers	\$9 deal for 1/3 lb. original burger, fries, and 20 oz. beverage
Fuzzy's Taco Shop	Free dessert of cinnamon-sugar churros, Oreo churros, or sopapilla bites
GameStop	"Free gift on your birthday"
Gap	Birthday coupon emailed to you
Genghis Grill	Free BOGO small or medium bowl

Gigi's Cupcakes	Free cupcake
Glory Days Grill	Free dessert
Godfather's Pizza	Free medium one-topping pizza
Golden Corral	Free BOGO adult buffet
Gordon Biersch	Free BOGO coupon for an entrée
Great American Cookies	\$5 off your next purchase
Grimaldis Pizzeria	Free 16" cheese pizza, valued up to \$17, as long as you make 1 purchase per year.
Gymboree	20% off coupon for children ages 0-14
H&M	25% off one item
Hallmark	Free card, up to \$3.99
Hard Rock Cafe	Free BOGO entree
Hardee's	Free double cheeseburger or sausage biscuit when you spend \$1+
HoneyBaked Ham	BOGO free ham or turkey classic sandwich
Hooters	10 free boneless wings, any style
Hot Dog on a Stick	Free Funnel Cake Sticks, up to \$3.49
Hot Topic	\$5 Rewards (used online or in-store)
Houlihan's	Free entree, valued up to \$15
Huck's	Free large coffee, cappuccino, or Bigg Swigg
Huddle House	Free MVP breakfast platter

HuHot Mongolian Grill	Free BOGO Grill Meal
Hungry Howie's	Free medium 1-topping pizza
IHOP	5 PanCoins, redeemable for a free 5-stack of pancakes
Imo's Pizza	Each store offers a different deal - I got a free Cinnimos dessert
J.Crew	\$10 off next purchase of \$10+
Jack in the Box	2 free tacos with any purchase
Jamba Juice	Free juice or smoothie if you've spent \$10 over the past year.
Jason's Deli	Free dessert item
JCPenney	Free coupon as long as you've shopped in the previous 12 months.
Jersey Mike's	Free regular sub and fountain drink
Jet's Pizza	10 free points
Jimmy John's	Their rewards FAQ states "Frequent Freakers may earn a reward on their birthday"
Joe's Crab Shack	Free dessert
Johnny Rockets	Free BOGO single burger
Journeys	15% off coupon next purchase in stores or online
Juice It Up	Free medium smoothie
KFC	Free 250 rewards points added to your account

Khols	\$5 Kohl's Cash for use in-store or online
Kiehl's	Free Lip Balm #1 plus 1 deluxe sample with any purchase
Kona Grill	\$15 off coupon
Krispy Kreme	Free 3-count of original glazed doughnuts
Kum & Go	"special birthday treat"
la Madeleine	Free individual pastry or slice of cake on your birthday
Lacoste	Coupon offer changes yearly
Lancome	15% off ANY order over \$49 & two deluxe samples with your order
Lands' End	\$50 off a purchase of \$100 or more, which is basically a 50% off coupon!
Lane Bryant	\$20 off coupon minimum \$20.01 purchase
Lazy Dog	Free dessert or starter
Lee's Famous Recipe Chicken	Free 2-piece meal of classic chicken (leg and thigh), two side items and a biscuit
Logan's Roadhouse	Free appetizer or dessert, up to \$7.99
LongHorn Steakhouse	A delicious free dessert, up to \$13, with purchase of entree
Lord + Taylor	"birthday bonus" for store credit card members only
Luby's	Free dessert

Lucille's Smokehouse BBQ	Free appetizer or dessert, up to \$13.25
Luna Grill	Free dessert
Macaroni Grill	Free dessert with entree purchase
Macy's	\$10 off next purchase of \$30+
Maggiano's Little Italy	\$10 off any check over \$30
ManchuWok	1,500 bonus points worth \$3 off next purchase
Marble Slab Creamery	\$5 off birthday reward
Marco's Pizza	Free small 1-topping pizza
Marie Callender's	Save \$5 off two entrees and get two free slices of pie
Max & Erma's	Free dessert with \$10 purchase
McAlister's Deli	Free cookie
McDonald's	Free McCafé pastry
Medieval Times	Free BOGO admission coupon
Mellow Mushroom	\$10 off any order over \$50
Menchies	\$5 store credit for frozen yogurt
Michaels	Birthday coupon emailed to you
Mimi's Café	Free mixed berry muffin sundae
MOD Pizza	Free No Name Cake dessert

Moe's Southwest Grill	Free burrito
Mooyah	Free shake with any purchase
Nando's	\$5 off next purchase of \$10+
Ninety Nine	Free dessert
Noodles & Company	Free birthday crispy or cookie
Not Your Average Joe's	\$15 off your celebratory lunch or dinner
Nothing Bundt Cakes	Free bundtlet dessert. I have no idea what this is, but it looks <i>spectacular!</i>
O'Charley's	Free peach cobbler
Office Depot & OfficeMax	"special birthday offer" coupon
Old Chicago	\$17 towards the purchase of any pizza
Old Navy	Birthday coupon emailed to you
Old Orchard	Coupon for 1 Free Old Orchard 64oz bottle OR 12oz frozen juice or drink product - maximum value \$3.69
Olga's Kitchen	Free dessert
Olive Garden	Free dessert, up to \$11.49 in value, with any adult entree
On The Border	Free bowl of queso or brownie sundae
Orange Julius	\$2 Small Premium Fruit Smoothie coupon

Oregano's	Free original pizza cookie (!) that today I just learned existed
Outback Steakhouse	Free dessert
P.F. Chang's	Free appetizer or dessert, up to \$12.50
Panda Express	Random "birthday gift" based on your purchase history. I was offered small entree, appetizer, or medium side
Panera Bread	\$2 off coupon
Papa Johns	Free dessert
Paris Baguette	Unspecified "treat" on your birthday
PDQ	I got two rewards - 3 free tenders and a coupon for \$10 off next meal
Peet's Coffee	Free beverage, any size
Pei Wei	Free Small Plate. Eligible Small Plates include Crab Wontons (2 piece), Traditional Edamame (small), Vegetable Spring Rolls (1 piece), Pork Egg Roll (1 piece) or Vietnamese Chicken Salad Roll (1 piece)
Perkins	Free Magnificent Seven breakfast meal
Petco	Two free treats, depending on what animal you have saved in your profile.
PetSmart	\$2.50 off any pet treat
Pick Up Stix	Free 6pc cream cheese wontons
Pieology	Free BOGO pizza or entree salad

Pilot FlyingJ	Free breakfast sandwich & coffee OR free pizza slice & fountain drink!
Pinkberry	Free small yogurt with toppings
Pita Pit	Free Pita as long as you've made at least 1 previous purchase
Pizza Hut	Free Cinnamon Sticks or Breadsticks side
Pizza Ranch	\$5 Birthday Bonus to use on next purchase
Planet Smoothie	Free 20 oz smoothie worth up to \$6
Planet Sub	Free half-sub
Pluckers	Free dessert, up to \$6.50
Ponderosa	\$5 off any dine-in food purchase
Popeyes	Free apple pie dessert
Potbelly Sandwich Shop	*uncertain what current offer is*
Pretzelmaker	\$3 off any purchase
Qdoba	Free chips & queso
Quick Quack Car Wash	Free car wash
Quizno's	Free BOGO Sub
Rack Room Shoes	\$10 off entire purchase
Rally's	Free funnel cake fries and 100 bonus points
Red Lobster	Free chocolate wave cake dessert
Red Mango	500 points worth \$5 off next purchase

Red Robin	Free Gourmet Burger or Chicken Sandwich with any \$4.99 purchase
Redbox	Free 1-night DVD rental during your birthday month.
Reebok	\$10 off coupon
Regal Cinemas	Free small popcorn
Rita's Italian Ice	Free small Italian ice
Rock Bottom	Free dessert
Round Table Pizza	15% off your next order
Rubio's	Free BOGO adult entree
Ruby Tuesday	Free dessert or garden bar add-on
Ruby's Diner	Free sundae
Saladworks	Free cookie or salad but only after you earn 100 points
Sbarro	Free slice of XL NY pizza with any \$5+ purchase.
Schlotzsky's	Free small sandwich when you spend \$1
Scooter's Coffee	Free drink, worth up to \$6, after you visit at least 1 time.
Seasons 52	Free dessert
Sephora	The 2024 Sephora birthday gift is your choice of a gift set from Kosas, Moroccanoil, Charlotte Tilbury, or Youth To The People
Shake Shack	Free milkshake, up to \$6.29, with \$5 order via mobile app

Shari's	Free slice of pie
Sheetz	250 Spendable Pointz and \$0.05 off fuel
Shoe Carnival	\$5 off coupon
Shoney's	Free dessert with purchase of an entree, sandwich, or fresh food bar
Sizzler	\$5 off any entree purchase
Slim Chickens	Free seasonal jar dessert
Smashburger	Free hand-spun milkshake
Smokey Bones	Free dessert with any purchase
Smoothie King	Any 20 oz. Smoothie for \$2
Soma	\$10 off coupon
Sonic	Free small side with any purchase
Sonny's BBQ	Free Big Deal Combo (BBQ sandwich, fries, & drink)
Souper Salad	50% off lunch or dinner buffet
Spaghetti Warehouse	Free spaghetti entree and spumoni sundae
Speedway	Free 20oz Enon Springs, 20oz Coffee, or 32oz Fountain or Speedy Freeze drink
Sprinkles	Free cupcake, cookie, brownie, or scoop
Starbucks	Free any sized drink, with any additions
Steak 'n Shake	Free specialty milkshake
Sticky Fingers	20% off any purchase over \$25

Subway	Free cookie
Swagbucks	50 Swagbucks discount on next gift card redemption
sweetgreen	Free crispy rice treat
Taco Bell	Free Mountain Dew Baja Blast Freeze
Taco Bueno	Free 2-pack of Cheesecake Chimis with any purchase
Taco Cabana	Any 2 tacos for free
Taco John's	Free Mexican donut bites
Talbots	10% off entire purchase
Target	5% off coupon
TCBY	Get your first 3oz. of FroYo free
Ted's Montana Grill	Free dessert with adult entree purchase
Teriyaki Madness	Free Jr. or Regular bowl
Texas De Brazil	\$20 off dinner for two
Texas Roadhouse	Free appetizer or sidekick with adult entree purchase
TGI Fridays	Free dessert with a \$5 purchase
The Children's Place	20% off coupon
The Container Store	15% off coupon
The Habit Burger Grill	Free Charburger with cheese
The Home Depot	--No bday field

The Keg	Free BOGO entree
The Melting Pot	6 free chocolate-covered strawberries with 24 hour advance notice.
The Old Spaghetti Factory	Free Pasta Classic per order
Tim Hortons	Free breakfast sandwich or beverage
TJ Maxx	Store coupon
Togo's	Free regular 6" sandwich
Tony Roma's	BOGO Free entree
Torchy's Tacos	Free queso _ chips with your next order
Tropical Smoothie Cafe	Free 24 oz. Smoothie
Twin Peaks	Free birthday meal from soups, salads, wings, bites, hot dishes, handhelds, or sweets
ULTA Beauty	Free birthday makeup gift from 6 options AND double points earned on purchases
Uno Pizza	Free dessert with purchase of an entree
Urban Decay	15% off coupon
Various Strip Clubs	Free lap dances (Don't ask me how I know this!)
Vera Bradley	Emailed coupon
Victoria's Secret	\$10 off any purchase for your birthday.
Village Inn	Free slice of pie with any purchase

Vitality Bowls	Free small acai bowl
Waffle House	Free classic waffle with any purchase
Walmart	--No bday field
Wawa	Free fountain drink, hot coffee, or ICEE
Wayback Burgers	*Uncertain, more info to come*
Wendy's	Free small Frosty or Frosty Cream Cold Brew
Wetzel's Pretzels	Free original or sinful cinnamon pretzel
Whataburger	Free Whataburger Jr.
Which Wich	Free regular Wich (AKA sandwich)
Wienerschnitzel	Free corn dog
Willie's Grill & Icehouse	Free BOGO entrée, up to \$19.99
Wingstop	Free regular fresh-cut seasoned fries with any wing purchase
Yard House	Free dessert with purchase
Yoshinoya	Free regular Gyudon Beef or Chicken bowl
Zaxby's	3 free cookies
Ziggi's Coffee	Free 16 oz drink