FROM THE DESK OF

MLS-Girl

BIRTHDAY FREEBIES *for you!*

It’s your birthday. Treat yourself!

Discover several places offering birthday treats and rewards.

Sign up early. Add your birthday. Enjoy your day.

SIP & *celebrate*

Dutch Bros

Free birthday drink

Join through the app. Reward lasts 30 days. Join on your birthday and your reward arrives the next day.

Official offer details

Smoothie King

Free 20 oz birthday smoothie for Champion members

Join Healthy Rewards through the app. Champion status requires 35,000 points annually. Birthday reward is up to $7.75 and valid for 7 days. Basic members receive a $2 birthday smoothie offer, not a free smoothie.

Official offer details

Starbucks

Free eligible drink or food item

Join at least 7 days early and make a Star-earning purchase before your birthday each year. Green members redeem on their birthday; Gold has 7 days and Reserve has 30 days.

Official offer details

MAKE IT *sweet*

Nothing Bundt Cakes

Free individual Bundtlet

Join Bundtastic Rewards and add your birthday. Check your reward for its redemption dates.

Official offer details

IHOP

Birthday pancakes

Rewards members receive 5 PanCoins on the first day of their birthday month, redeemable for a stack of pancakes.

Official offer details

SAVE ROOM *for dessert*

Chick-fil-A

Cookie or brownie for basic members

Higher tiers have additional choices. Add your birthday at least 24 hours beforehand. Reward lasts 30 days.

Official offer details

Culver’s

Free birthday scoop

Sign up for Delicious Rewards. Check the birthday offer in your account before visiting.

Official offer details

Chili’s

Free birthday dessert

Join My Chili’s Rewards. Follow the redemption terms on the birthday offer in your account.

Official offer details

HELLO, *beautiful*

Sephora

Free birthday beauty gift

Join Beauty Insider. Redeem in your birthday month. No purchase required in store; online requires a $25 merchandise purchase. While supplies last.

Official offer details

Ulta Beauty

Free birthday beauty gift

Join Ulta Beauty Rewards and add your birthday. No purchase required in store; online and pickup require a merchandise purchase. Birthday month only, while supplies last.

Official offer details

BIRTHDAY *bite*

Jersey Mike's

72 points for a regular sub, wrap or sub bowl

Join MyMike's, opt into email and add your birthday. Requires a qualifying sub, wrap or bowl purchase through your account in the prior 12 months. Extras may cost more.

Official offer details

BEFORE YOU GO

a little planning

Register early.
Sign up before your birthday month whenever possible. Some offers require advance enrollment or a prior purchase.

Check your reward.
Before visiting, review your app or email for expiration dates, purchase requirements and participating locations.

Enjoy your day!
Offers can change. Tap the official links in this guide for the latest terms.

U.S. offers checked October 13, 2026.

A QUICK NOTE

before you celebrate

Birthday offers are provided by the individual businesses and may change or end without notice. Eligibility, signup deadlines, purchase requirements, availability, and expiration dates vary. Please confirm the current offer directly with each business before visiting. MLS-Girl is not affiliated with these businesses and cannot guarantee any offer.