

# Where & How TO GET FREE FOOD!

- [Abuelo's](#) - FREE offer for joining and FREE special offer on your birthday.
- [Arby's](#) -- sign up for email deals and get a coupon for a FREE Roast Beef Classic w/drink purchase.
- [Au bon pain](#) - FREE Travel mug for joining and FREE birthday lunch.
- [Aunti Anne's](#) - Join Pretzel Perks and get a FREE pretzel after first purchase.
- [Backyard Burgers](#) - Joine the eClub to get a FREE offer.
- [Baker's Square](#) - FREE Entree w/adult entree + 2 drinks with eNewsletter sign up.
- [Black Angus](#) - FREE DESSERT for joining the Prime Club and a FREE Steak Dinner on your 1st birthday as a Prime Club member.
- [Black Bear Diner](#) - Join Bear Lover's eClub to get a FREE Bear claw and coffee AND on your birthday get a FREE meal.
- [Bojangles](#) - Joine eClub and get a FREE Cheddar Bo Biscuit and one your birthday.
- [Brueggers](#) - FREE Bagel w/cream cheese for signing up for their eClub.
- [Buca Di Beppo](#) - FREE Desert for signing up and \$20 off 2 pastas on your birthday.
- [Cafe Rio](#) - [Download the Cafe Rio My Rio Rewards app](#) and sign in via Facebook to get an offer for [Buy 1 Burrito or Salad and Get 1 FREE!](#) If you do not sign in via Facebook you might only get an offer for a FREE drink.
- [California Pizza Kitchen](#) - FREE Small Plate when you register for the Pizza Dough program.
- [Captain D's](#) - Join Restaurant Insider and get a FREE Desert w/purchase of reg price meal every week for the first month..
- [Caribou Coffee](#) - Join Caribou Perks and earn a FREE Medium Drink, plus get one on your birthday.
- [Carrows Restaurant](#) - FREE dessert for joining eClub.
- [Carrabba's Italian Grill](#) - FREE dessert w/entree purchase when you join Amici Club.
- [Carvel](#) - Sign up for Inside Scoop to get a BOGO FREE printable coupon.
- [Chili's](#) - Join Chili's Rewards for a FREE chips & queso + FREE Brownie Sundae on your birthday.

- [Cinnabon](#) - FREE MINIBON roll at participating bakeries when you join Club Cinnabon.
- [Culver's](#) - Join the club to get a FREE Value Basket with the purchase of a Value Basket
- [Dairy Queen](#) - Sign up for the Blizzard of the Month club to get a BOGO FREE coupon and an extra-special coupon on your birthday, Dairy Queen is offering a FREE Small Blizzard Treat when you download their app, [MyDQ!](#) The app will also earn you free food with every five visits.
- [Del Taco](#) - 2 FREE Grilled Chicken Tacos for signing up and FREE Premium Shake on your birthday.
- [Don Pablo's](#) - Join the Habanaros Club for a FREE Dip Sampler and \$10 on your birthday.
- [Dunn Brothers Coffee](#) - FREE cup of Coffee or Half off prepared beverage for eClub signup.
- [Dunkin Donuts](#)- Join DD perks to get a FREE Beverage and a FREE Beverage each year on your birthday.
- [Einstein Bros](#) - Get a FREE Bagel & Shmear when you join the Shmear Society plus a FREE Egg Sandwich w/purchase on your birthday.
- [Fox & Hound](#) - FREE Burger or Sandwich when you joint the All Star Club.
- [Friendly's](#) - FREE Scoop for joining the BFF Club & FREE medium Sundae on your birthday.
- [Honey Baked](#) - Join Honey Baked Rewards for a special welcome FREEBIE.
- [Iihan's](#) - Join email list and get \$10 off plus a FREE Entree on your birthday.
- [IHOP](#) - FREE full stack of our famous Rooty Tooty Fresh 'N Fruity® Pancakes for signing up and every year on your anniversary, and every year on your birthday.
- [Jamba Juice](#) - Join Jamba Insider to get \$3 off your next visit and a FREE Smoothie or Juice on your birthday.
- [Johnny Rockets](#) - Sign up for the Johnny Rocket eClub for a FREE hamburger and one on your birthday.
- [Joe's Crab Shack](#) - Sign up for eNewsletter to get a FREE appetizer.
- [Lamar's Donuts](#) - Join Love for life and get a FREE donut and coffee.
- [Lone Star Steakhouse](#) - Sign up for eNewsletter to get a gift for join and a gift on your birthday.
- [Longhorn Steakhouse](#) - FREE Appetizer with eClub sign up.
- [Macaroni Grill](#) - Get \$5 off your next visit when you join the email club.
- [Maggiano's Little Italy](#) - sign up for eClub and get \$10 off your next visit.

- [\*\*Marble Slam Creamery\*\*](#) - Sign up for Slab Happy Email and get a surprise on your birthday.
- [\*\*Marie Callender's\*\*](#) - 20% off next dine in purchase and FREE Birthday surprise when you join eClub.
- [\*\*Max & Erma's\*\*](#) - Joining Good Neighbors Rewards program for a FREE cup of Tortilla soup.
- [\*\*Mimi's Cafe\*\*](#) - FREE Slice of Crepe Cake or FREE 2 pack of Muffins or Croissants for joining and on your birthday.
- [\*\*Moe's Southwest Grill\*\*](#) - Join the eClub for a FREE Cup of Queso and a Burrito on your birthday. When you download the [\*\*Moe's app\*\*](#) and create an account you will get a FREE burrito! If you join with Facebook you will get an extra 50 points worth \$5! To see your Free Burrito click on "offers". This is valid 7 days after you sign up.
- [\*\*Olive Garden\*\*](#) - FREE Appetizer or Dessert w/2 adult entrees when you sign up.
- [\*\*Orange Julius\*\*](#) - Buy one Get one FREE coupon for joining the Julius League.
- [\*\*Perkins\*\*](#) - Join MYPerkins to get 20% off coupon and a special gift on your birthday.
- [\*\*Pizza Hut\*\*](#) - Sign up for the eClub and get FREE Cheese Sticks on your next online order.
- [\*\*Qdoba Mexican Eats\*\*](#) - FREE order of chips and Salsa or Regular Drink loaded to your card on sign up, FREE birthday gift offer on your birthday.
- [\*\*Raining Cane's\*\*](#) - FREE Box Combo for signing up for the Caniac Club Card.
- [\*\*Rubios\*\*](#) - FREE Taco when you sign up for the Beach Club.
- [\*\*Sbarro\*\*](#) - Join Slice Society to get a FREE Slice and a surprise on your birthday.
- [\*\*Schlotzsky's\*\*](#) - FREE Original Sandwich w/purchase of chips & 32 oz drink when you join the **LOTZ4ME** program. When you download the [\*\*Schlotzsky's Lotz4Me Rewards app\*\*](#) you will get a FREE Original Sandwich!
- [\*\*Shari's\*\*](#) - FREE Slice for registering and FREE Slice of pie on your birthday.
- [\*\*Shoney's\*\*](#) - Join eClub and get a FREE appetizer.
- [\*\*Smoothie King\*\*](#) - Sign up for VIP member ship to get a FREE Smoothie.
- [\*\*Taco Cabana\*\*](#) - Register to get a FREE fajita Taco.
- [\*\*Taco John's\*\*](#) - Sign up for eClub to get a FREE Meat & Potato Burrito.
- [\*\*Taco Time\*\*](#) - Join email Club to get a FREE BOGO item.
- [\*\*Village Inn\*\*](#) - sign up to receive a coupon for a FREE Slice of Pie w/Adult Entree purchase.
- [\*\*Wienerschnitzel\*\*](#) - FREE Child dog when you join and a FREE coupon on your birthday.
- [\*\*Yogurtland\*\*](#) - FREE Yogurt for joining Real Rewards and FREE birthday Treat.
- [\*\*Zaxby's\*\*](#) - FREE Meal for joining eClub and FREE Nibbler on your birthday.