

Lynds Gregory S
Form 4
March 11, 2011

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Lynds Gregory S

2. Issuer Name and Ticker or Trading Symbol
BJs RESTAURANTS INC [BJRI]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
7755 CENTER AVENUE, SUITE 300

3. Date of Earliest Transaction (Month/Day/Year)
03/11/2011

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)

Exec VP -Chief Dev.Officer

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

HUNTINGTON BEACH, CA 92647

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock					18,733 ⁽²⁾	D	
Common Stock	03/11/2011		M	2,637 A	\$ 18.86	2,637	D
Common Stock	03/11/2011		S	2,637 D	\$ 38.50	0	D
Common Stock	03/11/2011		M	10,863 A	\$ 16.63	10,863	D
Common Stock	03/11/2011		S	10,863 D	\$ 38.40	0	D

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Common Stock	03/11/2011	M	6,000	A	\$ 10.11	6,000	D
Common Stock	03/11/2011	S	6,000	D	\$ 38.38	0	D
Common Stock	03/11/2011	M	3,000	A	\$ 23.26	3,000	D
Common Stock	03/11/2011	S	3,000	D	\$ 38.61	0	D
Common Stock	03/11/2011	M	2,000	A	\$ 19.96	2,000	D
Common Stock	03/11/2011	S	2,000	D	\$ 38.48	0	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non Qualified Stock Option	\$ 37.03					12/29/2011 ⁽¹⁾	12/29/2020	Common Stock	3,29
Non Qualified Stock Option	\$ 18.86	03/11/2011		M	2,637	12/30/2010 ⁽¹⁾	12/30/2019	Common Stock	13,18
Non Qualified Stock Options	\$ 16.63	03/11/2011		M	10,863	01/02/2009 ⁽¹⁾	01/02/2018	Common Stock	18,10
	\$ 10.11	03/11/2011		M	6,000	12/31/2009 ⁽¹⁾	12/31/2018		15,00

