

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)
HUNTINGTON BEACH, CA 92647

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

(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 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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(9-02)

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

Non Qualified Stock Options								Common Stock	
Common Stock Purchase Option	\$ 23.26	03/11/2011	M	3,000	01/04/2007 ⁽¹⁾	01/04/2016		Common Stock	3,000
Common Stock Purchase Option	\$ 19.96	03/11/2011	M	2,000	01/03/2008 ⁽¹⁾	01/03/2017		Common Stock	2,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Lynds Gregory S 7755 CENTER AVENUE SUITE 300 HUNTINGTON BEACH, CA 92647			Exec VP -Chief Dev.Officer	

Signatures

Dianne Scott, Attorney-in-fact for Gregory S. Lynds	03/11/2011
**Signature of Reporting Person	Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Options vest 20% per yer beginning on the first anniversary of the date of grant.
Of this amount,7518 shares represent a restricted stock award vesting in five equal installments beginning on 1/2/2009, 10,000 shares
- (2) represent a restricted stock award vesting in five equal installments beginning on 12/31/2009 and 1215 shares represent a restricted stock award vesting in five equal installments beginning on 12/29/2011.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.