

PUCHNER ALEX  
Form 4  
March 15, 2011

**FORM 4**

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**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 \*  
PUCHNER ALEX

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

HUNTINGTON BEACH, CA 92647

(City) (State) (Zip)

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

3. Date of Earliest Transaction  
(Month/Day/Year)  
03/15/2011

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

\_\_\_\_ Director \_\_\_\_\_ 10% Owner  
 Officer (give title below) \_\_\_\_\_ Other (specify below)  
Sr. Vice President Brewing Ops

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

**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 Ownership (Instr. 4)
			Code	V	Amount	(D)	Price
Common Stock, no par value					7,900 <sup>(4)</sup>	D	
Common Stock, no par value	03/15/2011		M		\$ 75,000	A	3.65
					82,000	I	By Trust

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

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SEC 1474 (9-02)

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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 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 <sup>(2)</sup> 12/29/2020	Common Stock 2,56
Non Qualified Stock Option	\$ 18.86					12/30/2010 <sup>(2)</sup> 12/30/2019	Common Stock 10,08
Common Stock Purchase Option	\$ 3.65	03/15/2011		M	75,000	06/08/2002 <sup>(1)</sup> 06/08/2011	Common Stock 75,00
Common Stock Purchase Option	\$ 13.57					02/09/2005 <sup>(2)</sup> 04/15/2014	Common Stock 2,50
Common Stock Purchase Option	\$ 15.5					02/22/2007 <sup>(3)</sup> 02/22/2015	Common Stock 4,57
Common Stock Purchase Option	\$ 23.26					01/04/2007 <sup>(2)</sup> 01/04/2016	Common Stock 10,00
Common Stock Purchase Option	\$ 19.96					01/03/2008 <sup>(2)</sup> 01/03/2017	Common Stock 7,50
Non Qualified Stock Option	\$ 16.63					01/02/2009 <sup>(2)</sup> 01/02/2018	Common Stock 4,70
	\$ 10.11					12/31/2009 <sup>(2)</sup> 12/31/2018	10,50

Non  
Qualified  
Stock  
Options

Common  
Stock

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
PUCHNER ALEX 7755 CENTER AVENUE SUITE 300 HUNTINGTON BEACH, CA 92647			Sr. Vice President Brewing Ops	

## Signatures

Dianne Scott, Attorney-in-fact for Alexander M. Puchner	03/15/2011
**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) The options vest 33 1/3% per year beginning on the first anniversary of the date of grant.
- (2) The options vest 20% per year beginning on the first anniversary of the date of grant.
- (3) The options vest 33 1/3% per year beginning on the third anniversary of the date of grant.

(4) Includes restricted stock award of 1,955 shares vesting in five equal installments beginning on 1/2/2009, a restricted stock award of 5,000 shares vesting in five equal installments beginning on 12/31/2009 and a restricted stock award of 945 shares 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.