

Lynds Gregory S
 Form 4
 November 02, 2010

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 *
 Lynds Gregory S

2. Issuer Name and Ticker or Trading Symbol
 BJ's RESTAURANTS INC [BJRI]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

3. Date of Earliest Transaction (Month/Day/Year)
 11/02/2010

____ Director
 Officer (give title below)
 ____ 10% Owner
 ____ Other (specify below)
 Exec VP -Chief Dev.Officer

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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock					17,518 ⁽³⁾	D	
Common Stock	11/02/2010		M		2,500	D	
Common Stock	11/02/2010		S		\$ 32.753	D	
Common Stock	11/02/2010		M		\$ 15.5	D	
Common Stock	11/02/2010		S		\$ 32.753	D	

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Common Stock	11/02/2010	M	12,000	A	\$ 23.26	12,000	D
Common Stock	11/02/2010	S	12,000	D	\$ 32.799	0	D
Common Stock	11/02/2010	M	6,000	A	\$ 19.96	6,000	D
Common Stock	11/02/2010	S	6,000	D	\$ 32.799	0	D

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

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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	\$ 18.86					12/30/2010 ⁽²⁾ 12/30/2019	Common Stock 13,18
Common Stock Purchase Option	\$ 13.57	11/02/2010		M	2,500	04/15/2007 ⁽¹⁾ 04/16/2014	Common Stock 2,500
Common Stock Purchase Option	\$ 15.5	11/02/2010		M	8,890	02/22/2008 ⁽¹⁾ 02/23/2015	Common Stock 8,890
Common Stock Purchase Option	\$ 23.26	11/02/2010		M	12,000	01/04/2007 ⁽²⁾ 01/04/2016	Common Stock 3,000
Common Stock	\$ 11.26					07/22/2004 ⁽²⁾ 07/23/2013	Common Stock 90,000

Purchase
Option

Common
Stock
Purchase
Option

\$ 19.96

11/02/2010

M

6,000

01/03/2008⁽²⁾

01/03/2017

Common
Stock

4,000

Non
Qualified
Stock
Options

\$ 16.63

01/02/2009⁽²⁾

01/02/2018

Common
Stock

18,100

Non
Qualified
Stock
Options

\$ 10.11

12/31/2009⁽²⁾

12/31/2018

Common
Stock

15,000

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

11/02/2010

**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 33 1/3% per year beginning on the third anniversary of the date of grant.

(2) Options vest 20% per yer beginning on the first anniversary of the date of grant.

(3) Of this amount, 7518 shares represent a restricted stock award vesting in five equal installments beginning on 1/2/2009 and 10,000 shares represent a restricted stock award vesting in five equal installments beginning on 12/31/2009.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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