

Pinsak Christopher P
 Form 4
 May 19, 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 *
 Pinsak Christopher P

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)
 05/19/2011

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 Sr. Regional VP, Operations

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)
				(A) or (D) Code V Amount (D) Price			
Common Stock					5,836 ⁽¹⁾	D	
Common Stock	05/19/2011		M	5,000 A \$ 23.26	5,000	D	
Common Stock	05/19/2011		S	5,000 D \$ 50	0	D	

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

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number.

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 Options	\$ 37.03					12/29/2011 ⁽²⁾	12/29/2020	Common Stock	2,931
Non Qualified Stock Options	\$ 18.86					12/30/2010 ⁽²⁾	12/30/2019	Common Stock	10,083
Non Qualified Stock Options	\$ 10.11					12/31/2009 ⁽²⁾	12/31/2018	Common Stock	9,600
Non Qualified Stock Options	\$ 16.63					01/02/2009 ⁽²⁾	01/02/2018	Common Stock	5,432
Non Qualified Stock Options	\$ 19.96					01/03/2008 ⁽²⁾	01/03/2017	Common Stock	10,000
Non Qualified Stock Options	\$ 23.26	05/19/2011		M	5,000	01/04/2007 ⁽²⁾	01/04/2017	Common Stock	5,000

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other
Sr. Regional VP, Operations

Pinsak Christopher P
7755 CENTER AVENUE
SUITE 300
HUNTINGTON BEACH, CA 92647

Signatures

Dianne Scott Attorney-in-Fact for Christopher P.
Pinsak

05/19/2011

__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) These shares represent restricted stock options awards. 2,256 shares vesting in five equal installments beginning 1/2/2009; 2,500 shares vesting in five equal installments beginning on 12/31/2009; 1,080 shares vesting in five equal installments beginning on 12/29/2011.
 - (2) The options vest 20% per year beginning on the first anniversary of the date of grant.

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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