

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

