

KING J ROGER
Form 4
November 15, 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 *
KING J ROGER

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)
11/15/2010

Director 10% Owner
 Officer (give title below) Other (specify below)

(Street)

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

HUNTINGTON BEACH, CA 92647

(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	(A) or (D)	Price
Common Stock, no par value					17,000	D	
Common Stock, no par value					3,550	I	By Spouse (1)
Common Stock	11/15/2010		M		500	A	\$ 7.2 500
Common Stock	11/15/2010		S		500	D	\$ 35.7 0
	11/15/2010		M		24,500	A	\$ 7.2 24,500

Common
Stock

Common Stock 11/15/2010 S 24,500 D \$ 35.4 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 Security (Instr. 3 and 4)	8. Amount or Number of Shares
Non-Qualified Stock Options <u>(3)</u>	\$ 22.14					Date Exercisable: 01/15/2011 Expiration Date: 01/15/2020	Common Stock	5,
Non-Qualified Stock Options (right to buy) <u>(2)</u>	\$ 12.61					01/15/2005 01/15/2014	common stock	5,
Non-Qualified Stock Options (right to buy)	\$ 7.2	11/15/2010		S	25,000	04/11/2003 04/11/2012	Common stock	25,
Non-Qualified Stock Options (right to buy) <u>(2)</u>	\$ 10					06/19/2004 06/19/2013	common stock	10
Non-Qualified Stock Option (right to buy) <u>(3)</u>	\$ 14.94					01/15/2006 01/15/2015	common stock	5,
Non-Qualified Stock Options(right to buy) <u>(3)</u>	\$ 23.61					01/17/2007 01/17/2016	common stock	3,

Non-Qualified Stock Option (right to buy) <u>(3)</u>	\$ 20.81	01/16/2008	01/16/2017	Common Stock	4,
Non-Qualified Stock Options <u>(3)</u>	\$ 12.78	01/15/2009	01/15/2018	Common Stock	6,
Non-Qualified Stock Options <u>(3)</u>	\$ 9.37	01/15/2010	01/15/2019	Common Stock	6,

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
KING J ROGER 7755 CENTER AVENUE SUITE 300 HUNTINGTON BEACH, CA 92647	X			

Signatures

Dianne Scott, Attorney-in-fact for J. Roger
King 11/15/2010

 **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) The reporting person disclaims beneficial ownership of these securities, except to the extent of the reporting person's pecuniary interest therein.

(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 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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