

Allegretto John D  
Form 4  
March 11, 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 \*  
Allegretto John D

(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)  
03/11/2011

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

\_\_\_ Director \_\_\_ 10% Owner  
\_X\_ Officer (give title below) \_\_\_ Other (specify below)  
Chief Supply Chain Officer

6. Individual or Joint/Group Filing(Check Applicable Line)  
\_X\_ 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) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|-----------------------------------|
|                                 |                                      |  |                                | (A) or (D)  | Price   |  |                                   |
| Common Stock                    |                                      |  |                                |   | 8,201 <sup>(2)</sup>  | D  |                                   |
| Common Stock                    | 03/11/2011                           |  | M                              | 1,200 A   | \$ 10.11  | 1,200  | D                                 |
| Common Stock                    | 03/11/2011                           |  | S                              | 1,200 D   | \$ 38.53  | 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 Number Shares |
| Non Qualified Stock Option                 | \$ 37.03   |                                      |  |                                |   | 12/29/2011 <sup>(1)</sup>                                | 12/29/2020  | Common Stock | 2,565                |
| Non Qualified Stock Option                 | \$ 18.86   |                                      |  |                                |   | 12/30/2010 <sup>(1)</sup>                                | 12/30/2019  | Common Stock | 10,080               |
| Common Stock Purchase Option               | \$ 23.47   |                                      |  |                                |   | 08/09/2006 <sup>(1)</sup>                                | 08/09/2015  | Common Stock | 100,000              |
| Common Stock Purchase Option               | \$ 19.96   |                                      |  |                                |   | 01/03/2008 <sup>(1)</sup>                                | 01/03/2017  | Common Stock | 7,500                |
| Non Qualified Stock Options                | \$ 16.63   |                                      |  |                                |   | 01/02/2009 <sup>(1)</sup>                                | 01/02/2018  | Common Stock | 5,432                |
| Non Qualified Stock Options                | \$ 10.11   | 03/11/2011                           |  | M                              | 1,200   | 12/31/2009 <sup>(1)</sup>                                | 12/31/2018  | Common Stock | 12,000               |

## Reporting Owners

| Reporting Owner Name / Address          | Relationships |           |                            |       |
|---|---------------|-----------|----------------------------|-------|
|   | Director      | 10% Owner | Officer                    | Other |
| Allegretto John D<br>7755 CENTER AVENUE |               |           | Chief Supply Chain Officer |       |

SUITE 300  
HUNTINGTON BEACH, CA 92647

## Signatures

Dianne Scott Attorney-in-fact for John D.  
Allegretto

03/11/2011

\_\_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 20% per year beginning on the first anniversary of the date of grant.

Of this amount, 2,256 shares represent a restricted stock award vesting in five equal installments beginning on 1/2/2009, 5,000 shares

(2) represent a restricted stock award vesting in five equal installments beginning on 12/31/2009 and 945 shares represent a restricted stock award 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.

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