

# SECURITIES AND EXCHANGE COMMISSION

## FORM 4

Statement of changes in beneficial ownership of securities

Filing Date: **2010-06-01** | Period of Report: **2010-05-27**  
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### REPORTING OWNER

#### Lynds Gregory S

CIK: **1327770**

Type: **4** | Act: **34** | File No.: **000-21423** | Film No.: **10869111**

Mailing Address

*16162 BEACH BOULEVARD  
SUITE 100  
HUNTINGTON BEACH CA  
92647*

### ISSUER

#### BJs RESTAURANTS INC

CIK: **1013488** | IRS No.: **330485615** | State of Incorp.: **CA** | Fiscal Year End: **1230**  
SIC: **5812** Eating places

Mailing Address

*7755 CENTER AVENUE  
SUITE 300  
HUNTINGTON BEACH CA  
92647*

Business Address

*7755 CENTER AVENUE  
SUITE 300  
HUNTINGTON BEACH CA  
92647  
(714) 500-2440*

# FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

### OMB APPROVAL

OMB Number: 3235-0287  
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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

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

1. Name and Address of Reporting Person <b>Lynds Gregory S</b>			2. Issuer Name and Ticker or Trading Symbol <b>BJs RESTAURANTS INC [BJRI]</b>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) ____ Director _____ 10% Owner <input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below) <b>Exec VP -Chief Dev. Officer</b>		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) <b>05/27/2010</b>			6. Individual or Joint/Group Filing (Check applicable line) <input checked="" type="checkbox"/> Form Filed by One Reporting Person ____ Form Filed by More than One Reporting Person		
7755 CENTER AVENUE, SUITE 300			4. If Amendment, Date Original Filed(Month/Day/Year)					
(Street) <b>HUNTINGTON BEACH, CA 92647</b>								
(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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock								17,518 <sup>(3)</sup>	D	
Common Stock Purchase Option	05/27/2010		M		30,000	A	\$11.26	30,000	D	
Common Stock Purchase Option	05/27/2010		S		30,000	D	\$23.342	0	D	

**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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date					
Non Qualified Stock Option	\$18.86							12/30/2010 <sup>(2)</sup>	12/30/2019	Common Stock		0	D	
Common Stock Purchase Option	\$13.57							04/15/2007 <sup>(1)</sup>	04/16/2014	Common Stock		2,500	D	
Common Stock	\$15.5							02/22/2008 <sup>(1)</sup>	02/23/2015	Common Stock		5,928	D	

Purchase Option														
Common Stock Purchase Option	\$23.26						01/04/2007 <sup>(2)</sup>	01/04/2016	Common Stock	15,000		9,000	D	
Common Stock Purchase Option	\$11.26	05/27/2010		<u>M</u>		30,000	07/22/2004 <sup>(2)</sup>	07/23/2013	Common Stock	90,000	\$11.26	0	D	
Common Stock Purchase Option	\$19.96						01/03/2008 <sup>(2)</sup>	01/03/2017	Common Stock	10,000		6,000	D	
Non Qualified Stock Options	\$16.63						01/02/2009 <sup>(2)</sup>	01/02/2018	Common Stock	18,105		7,242	D	
Non Qualified Stock Options	\$10.11						12/31/2009 <sup>(2)</sup>	12/31/2018	Common Stock	15,000		3,000	D	

**Explanation of Responses:**

- Options vest 33 1/3% per year beginning on the third anniversary of the date of grant.
- Options vest 20% per yer beginning on the first anniversary of the date of grant.
- 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.

**Signatures**

Dianne Scott, Attorney-in-fact for Gregory S. Lynds

\*\* Signature of Reporting Person

06/01/2010

Date

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

\* 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).

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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