

Allegretto John D
Form 4
October 28, 2011

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

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

OMB APPROVAL

OMB
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(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)

10/28/2011

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 ____ Other (specify
below) 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)
Common Stock				(A) or (D)	Price		
			Code	V	Amount		
Common Stock	10/28/2011		M		5,000	A	\$ 19.96
Common Stock	10/28/2011		S		5,000	D	\$ 53.08
Common Stock	10/28/2011		M		1,200	A	\$ 10.11
Common Stock	10/28/2011		S		1,200	D	\$ 53 0

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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 Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date Date	Title Amount Number Shares
Non Qualified Stock Option	\$ 37.03					12/29/2011 ⁽¹⁾ 12/29/2020	Common Stock 2,565
Non Qualified Stock Option	\$ 18.86					12/30/2010 ⁽¹⁾ 12/30/2019	Common Stock 10,08
Common Stock Purchase Option	\$ 23.47					08/09/2006 ⁽¹⁾ 08/09/2015	Common Stock 100,00
Common Stock Purchase Option	\$ 19.96	10/28/2011		M	5,000	01/03/2008 ⁽¹⁾ 01/03/2017	Common Stock 7,500
Non Qualified Stock Options	\$ 16.63					01/02/2009 ⁽¹⁾ 01/02/2018	Common Stock 5,432
Non Qualified Stock Options	\$ 10.11	10/28/2011		M	1,200	12/31/2009 ⁽¹⁾ 12/31/2018	Common Stock 12,00

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Allegretto John D 7755 CENTER AVENUE SUITE 300 HUNTINGTON BEACH, CA 92647			Chief Supply Chain Officer	

Signatures

Dianne Scott Attorney-in-fact for John D. Allegretto	10/28/2011
**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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