

KING J ROGER
Form 4
January 19, 2010

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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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 *
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)
01/15/2010

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

(Street)
HUNTINGTON BEACH, CA 92647

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

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, no par value				(A) or (D) Price	17,000	D	
Common Stock, no par value				(A) or (D) Price	3,550	I	By Spouse (1)

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 of Underlying Security (Instr. 3 and 4)	Amount or Number of Shares
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Non-Qualified Stock Options <u>(3)</u>	\$ 22.14	01/15/2010		A	5,017	01/15/2011	01/15/2020	Common Stock	5,017
Non-Qualified Stock Options (right to buy) <u>(2)</u>	\$ 12.61					01/15/2005	01/15/2014	common stock	5,714
Non-Qualified Stock Options (right to buy)	\$ 7.2					04/11/2003	04/11/2012	Common stock	25,000
Non-Qualified Stock Options (right to buy) <u>(2)</u>	\$ 10					06/19/2004	06/19/2013	common stock	10,000
Non-Qualified Stock Option (right to buy) <u>(3)</u>	\$ 14.94					01/15/2006	01/15/2015	common stock	5,111
Non-Qualified Stock Options(right to buy) <u>(3)</u>	\$ 23.61					01/17/2007	01/17/2016	common stock	3,111
Non-Qualified Stock Option (right to buy) <u>(3)</u>	\$ 20.81					01/16/2008	01/16/2017	Common Stock	4,444
Non-Qualified Stock Options <u>(3)</u>	\$ 12.78					01/15/2009	01/15/2018	Common Stock	6,818
Non-Qualified Stock Options <u>(3)</u>	\$ 9.37					01/15/2010	01/15/2019	Common Stock	6,418

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	01/19/2010
**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. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.