Lynds Gregory S Form 4 March 15, 2012

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, **OMB APPROVAL**

3235-0287

January 31,

2005

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obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. See Instruction

Check this box

if no longer

Section 16.

Form 4 or

Form 5

subject to

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading Lynds Gregory S Issuer Symbol BJs RESTAURANTS INC [BJRI] (Check all applicable) (Middle) (Last) (First) 3. Date of Earliest Transaction (Month/Day/Year) Director 10% Owner Other (specify _X__ Officer (give title 7755 CENTER AVENUE, SUITE 03/15/2012 below) 300 Exec VP -Chief Dev.Officer (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting **HUNTINGTON BEACH, CA 92647** Person

(City)	(State)	(Zip) Tabl	le I - Non-I	Derivative	Secu	rities Acqu	ired, Disposed of	, or Beneficiall	y 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 cior(A) or Disposed of (D) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported	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	Transaction(s) (Instr. 3 and 4)	(msu. 4)	
Common Stock							9,792	D	
Common Stock	03/15/2012		S	8,000	D	\$ 49.43	510	I	By Trust
Common Stock	03/15/2012		M	2,637	A	\$ 18.86	2,637	D	
Common Stock	03/15/2012		S	2,637	D	\$ 49.157	0	D	
Common Stock	03/15/2012		M	3,621	A	\$ 16.63	3,621	D	

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Common Stock	03/15/2012	S	3,621	D	\$ 49.157	0	D
Common Stock	03/15/2012	M	3,000	A	\$ 10.11	3,000	D
Common Stock	03/15/2012	S	3,000	D	\$ 49.157	0	D
Common Stock	03/15/2012	M	2,000	A	\$ 19.96	2,000	D
Common Stock	03/15/2012	S	2,000	D	\$ 49.157	0	D

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

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SEC 1474

(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. Transactic Code (Instr. 8)	Securities	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount o Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Share
Non Qualified Stock Options	\$ 45.32					01/04/2013(1)	01/04/2022	Common Stock	2,790
Non Qualified Stock Option	\$ 37.03					12/29/2011(1)	12/29/2020	Common Stock	3,297
Non Qualified Stock Option	\$ 18.86	03/15/2012		M	2,637	12/30/2010(1)	12/30/2019	Common Stock	13,186
Non Qualified Stock	\$ 16.63	03/15/2012		M	3,621	01/02/2009(1)	01/02/2018	Common Stock	18,105

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Options								
Non Qualified Stock Options	\$ 10.11	03/15/2012	M	3,000	12/31/2009(1)	12/31/2018	Common Stock	15,000
Common Stock Purchase Option	\$ 23.26				01/04/2007	01/04/2016	Common Stock	3,000
Common Stock Purchase Option	\$ 19.96	03/15/2012	M	2,000	01/03/2008(1)	01/03/2017	Common Stock	0

Reporting Owners

Reporting Owner Name / Address	Keiationsnips					
	Director	10% Owner	Officer	Other		

Lynds Gregory S

7755 CENTER AVENUE

SUITE 300 HUNTINGTON BEACH, CA 92647 Exec VP -Chief Dev.Officer

Signatures

Dianne Scott, Attorney-in-fact for Gregory S.
Lynds
03/15/2012

**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) Options vest 20% per yer 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.

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