

BRASSFIELD SHANN
Form 4
February 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

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

(Print or Type Responses)

1. Name and Address of Reporting Person *
BRASSFIELD SHANN

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)
P.O. BOX 1198
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
02/18/2010

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

LOS GATOS, CA 95031
(City) (State) (Zip)

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 Indirect Beneficial Ownership (Instr. 4)
Common Stock					8,402	D	
Common Stock					102,300	D (3)	
Non-qualified stock option	02/18/2010		M	25,000 A	\$ 2.875 25,000	D	
Non-qualified stock option	02/18/2010		S	25,000 D	\$ 21.0581 0	D	

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

Persons who respond to the collection of information contained in this form are not SEC 1474 (9-02)

required to respond unless the form displays a currently valid OMB control 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 Security (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title or Number of Shares
Non-Qualified Stock Options	\$ 22.14					01/15/2011 01/15/2020	Common Stock 5,
Non-Qualified Stock Options (right to buy)	\$ 9.2					06/19/2003 06/19/2012	Common Stock 10
Non-Qualified Stock Options (right to buy)	\$ 12.61					01/15/2005 01/15/2014	Common Stock 5,
Non-Qualified Stock Options (right to buy)	\$ 2.875	02/18/2010		M	25,000	01/26/2002 01/26/2011	Common Stock 25
Non-Qualified Stock Options (right to buy)	\$ 10					06/19/2004 06/19/2013	Common Stock 10
Non-Qualified Stock Option(right to buy)	\$ 14.94					01/15/2006 01/15/2015	Common Stock 5,
Non-Qualified Stock Options(right to buy)	\$ 23.61					01/17/2007 01/17/2016	Common Stock 3,
Non-Qualified Stock Options(right to buy)	\$ 20.81					01/16/2008 01/16/2017	Common Stock 4,
Non-Qualified Stock Options	\$ 12.78					01/15/2009 01/15/2018	Common Stock 6,
	\$ 9.37					01/15/2010 01/15/2019	

