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Vituli Alan												
Form 4 November 25	2008											
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL			
Washington, D.C. 20549									OMB Number:	3235-0287		
Check this if no longe	or			ana Ni					Expires:	January 31, 2005		
subject to STATEMENT OF CHA Section 16. Form 4 or				SECUR	ITIES				Estimated a burden hou response	d average ours per		
Form 5 obligation may conti <i>See</i> Instru- 1(b).	nue. Section 17	7(a) of the		ility Hold	ing Com	pany	Act of	ge Act of 1934, f 1935 or Sectio 40	n			
(Print or Type R	esponses)											
1. Name and Address of Reporting Person <u>*</u> Vituli Alan			Symbol	2. Issuer Name and Ticker or Trading Symbol CARROLS RESTAURANT GROUP, INC. [TAST]					5. Relationship of Reporting Person(s) to Issuer			
		(Check all applicable)										
				Date of Earliest Transaction onth/Day/Year)				_X_ Director10% Owner _X_ Officer (give titleOther (specify				
	OLS RESTAUI C., 968 JAMES		11/21/20	-				below) CEO and C	below) Chairman of the	Board		
				endment, Date Original onth/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person 				
SYRACUSE	E, NY 13203							Form filed by M Person	Nore than One Re	eporting		
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	ecurit	ies Aco	quired, Disposed o	f, or Beneficial	lly Owned		
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	r) Executionary		Code (Instr. 8)	on(A) or Dis (D) (Instr. 3, 4	sposed 4 and 5 (A) or	of 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)			
Common Stock, \$0.01 par value	11/21/2008			Code V P	Amount 10,000	(D) A	Price \$ 1.4		I	See Footnote		
Common Stock, \$0.01 par value								1,373,772	I	See Footnote (2)		

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 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	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exer	cisable and	7. Titl	e and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onNumber	Expiration D	ate	Amou	int of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Secur	ities	(Instr. 5)	Bene
	Derivative				Securities			(Instr.	3 and 4)		Owne
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									Amount		
									Amount		
						Date	Expiration	Title	or Normali an		
						Exercisable	Date	Title	Number		
				Cala V	(\mathbf{A}) (\mathbf{D})				of		
				Code V	(A) (D)				Shares		

Reporting Owners

Reporting Owner Name / Address		Relationships						
		Director	10% Owner	Officer	Other			
Vituli Alan C/O CARROLS RESTAURANT GROUP, INC. 968 JAMES STREET SYRACUSE, NY 13203		Х		CEO and Chairman of the Board				
Signatures								
/s/ Alan Vituli	11/25/2008							

<u>**</u>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) All shares of Common Stock are held by CJN Enterprises of which Mr. Vituli is a general partner. All shares of Common Stock are deemed to be held by Mr. Vituli for purposes of Section 16 of the Securities and Exchange Act of 1934, as amended.
- (2) All shares of Common Stock are held by the Vituli Family Trust and are deemed to be held by Mr. Vituli for purposes of Section 16 of the Securities and Exchange Act of 1934, as amended.

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.