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Sonuga Olas Form 4 July 08, 200	seni Adeyemi 19									
FORM	4 UNITED	STATES S		CURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549					PPROVAL 3235-0287	
Check this box if no longer subject to Section 16. SECURITIES						Estimated burden hou response	urs per			
(Print or Type	Responses)									
Sonuga Olaseni Adeyemi Symbol CARRO			uer Name and Ticker or Trading d ROLS RESTAURANT UP, INC. [TAST]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
BANK (E.C	(First) (AIN INTERNAT C.), HEDAYA G II, P.O. BOX 50	(IONAL (of Earliest Tr Day/Year) 2009	ransaction		below)	ve title 109 below) Former Director.	% Owner her (specify	
				Amendment, Date Original Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
MANAMA	., C6						Form filed by Person	More than One R	eporting	
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative	Securities .	Acquired, Disposed	of, or Beneficia	lly Owned	
1.Title of Security2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, if any (Month/Day/Year)		ate, if	Code Disposed of (D)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect		
Reminder: Rej	port on a separate line	e for each clas	s of sec	urities benef	-	-	or indirectly. spond to the colle	ection of	SEC 1474	

Persons who respond to the collection of SEC 1474 information contained in this form are not (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	2.	3. Transaction Date		4.	5.	6. Date Exer			le and	8. Price of	9. Nu
Derivative Security	Conversion or Exercise	(Month/Day/Year)	,	Code	ionNumber of	Expiration D (Month/Day)			unt of rlying	Derivative Security	Deriv Secu
(Instr. 3)	Price of		any (Month/Day/Year)	(Instr. 8)		· ·	(I cal)	Secu		(Instr. 5)	Bene
(1150.5)	Derivative		(Wonth Duy Tear)	(Instr. 0)	Securitie				: 3 and 4)	(1150.5)	Owne
	Security				Acquired			(Follo
					(A) or						Repo
					Disposed	l					Trans
					of (D)						(Instr
					(Instr. 3, 4 and 5)						
					4, and 5)						
				Code V	7 (A) (D)		Expiration	Title	Amount		
						Exercisable	Date		or		
									Number of		
									Shares		
									Shares		
_											
Repo	rtina O	wners									

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Reporting Owner Na	Relationships					
	Director	10% Owner	Officer	Other		
Sonuga Olaseni Adeyemi C/O BAHRAIN INTERNATI HEDAYA BUILDING II, P.C MANAMA, C6				Former Director.		
Signatures						
/s/ Olaseni Adeyemi Sonuga	07/02/2009					
<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).

Remarks:

Mr. Sonuga is no longer a Director of Carrols Restaurant Group, Inc. This is an exit filing.

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.