FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
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).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of 2. Derivative Conversion Security or Exercise Security or Exercise Month/Day/Year Security Security Security Securities Sec	1. Name and Address of Reporting Person* Hull Anthony E (Last) (First) (Middle) C/O CARROLS RESTAURANT GROUP, INC., 968 JAMES STREET (Street) SYRACUSE NY 13203 (City) (State) (Zip)						2. Issuer Name and Ticker or Trading Symbol CARROLS RESTAURANT GROUP, INC. [TAST] 3. Date of Earliest Transaction (Month/Day/Year) 01/16/2024 4. If Amendment, Date of Original Filed (Month/Day/Year) Rule 10b5-1(c) Transaction Indication X Check this box to indicate that a transaction was made pursuant transaction for Rule 10b5-1(c). See I														
Month/Day/Year 8)	1. Title of Security (Instr. 3) 2. Transa Date						ztion 2A. Deemed Execution Date,			3. 4. Securities Acquired (A Transaction Disposed Of (D) (Instr. 3)					(A) or 5. Amount of 3, 4 and Securities			Form: Direct		of Indirect	
Common Stock, \$0.01 par value					(Month/Day/Year)				8)				or Pri	ce	Owned Following Reported Transaction(s)				Ownership		
Common Stock, \$0.01 par value	Common	Stock, \$0.	01 par value		01/16/2	2024				S		7,800	D	\$	9.41	58	9,696	D ⁽¹⁾			
Common Stock, \$0.01 par value	Common	Stock, \$0.	01 par value		01/16/2	2024				S		300	D	\$9	.415	58	9,396	D ⁽¹⁾	\dashv		
Common Stock, \$0.01 par value	Common	Stock, \$0.	01 par value		01/16/2	2024				S		8,700	D	\$	9.42	58	0,696	D ⁽¹⁾			
Common Stock, \$0.01 par value O1/16/2024 S 973 D \$9.46 573,323 D (I) Common Stock, \$0.01 par value O1/16/2024 S 8973 D \$9.46 573,323 D (I) 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) Security Security Security Security Amount of Derivative Securities OMOnth/Day/Year) Amount of Derivative Securities Acquired (A) or Disposed of, or Beneficially Owned Execution Date, if any (Month/Day/Year) In title of Derivative Securities Acquired (A) or Disposed of, or Beneficially Owned Execution Date, if any (Month/Day/Year) Amount of Security (Instr. 3) Amount of Security (Instr. 4) Amount of Number of Derivative Securities Deneficially Owned Securities Ownership Form: Direct (D) Or Indirect Following Reported Transaction(s) (Instr. 4) To Date Expiration Amount or Number of Derivative Securities Date Securities Deneficially Ownership Code (Instr. 4) To Date Expiration Amount or Number of Derivative Securities Deneficially Ownership Code (Instr. 4) To Date Expiration Amount or Number of Derivative Securities Deneficially Ownership Code (Instr. 4) To Date Expiration Amount or Number of Derivative Securities Deneficially Ownership Code (Instr. 4) To Date Expiration Amount or Number of Derivative Securities Deneficially Ownership Code (Instr. 4) To Date Expiration Amount or Number of Derivative Securities Deneficially Ownership Code (Instr. 4) To Date Expiration Amount or Number of Derivative Securities Deneficially Ownership Code (Instr. 4) To Date Expiration Expiration Detrivative Securities Deneficially Ownership Code (Instr. 4) To Date Expiration Detrivative Securities Deneficially Ownership Code (Instr. 4) To Date Expiration Detrivative Securities Deneficially Ownership Code (Instr. 4) To Date Expiration Detrivative Securities Deneficially Ownership Code (Instr. 4) To Date Expiration Detrivative Securities Deneficially Ownership Code (Instr. 4)	Common Stock, \$0.01 par value		01/16/2024				S		100	D	\$9	.425	580,596		D ⁽¹⁾						
Common Stock, \$0.01 par value O1/16/2024 S 827 D \$9.46 S73,323 D(1) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Securities (Month/Day/Year) Security (Instr. 3) D \$9.46 S72,496 D(1) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Securities (Month/Day/Year) Security (Instr. 3) D \$9.46 S73,323 D(1) S 827 D \$9.465 S72,496 D(1) Transaction Date (Month/Day/Year) Securities (Month/Day/Year) Securi	Common	Stock, \$0.	01 par value		01/16/2	2024				S		6,200	D	\$	9.45	57	4,396	D ⁽¹⁾			
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 Security Security Security Amount of Derivative Securities 3. Transaction Date (Month/Day/Year) (Month/Day/Year) Amount of Derivative Securities Securities Derivative Securities Securities Securities Securities Securities Derivative Securities Securi	Common Stock, \$0.01 par value			01/16/2024				S		100	D	\$9	.455	574,296		D ⁽¹⁾					
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) Price of Derivative Security Security Security Security (Instr. 3) and 4) 2. Conversion or Exercise Price of Derivative Security (Instr. 3) and 4) 3. Transaction Date Execution Date (Month/Day/Year) 4. Transaction Code (Instr. 8) 5. Number of Securities (Month/Day/Year) 6. Date Exercisable and Expiration Date (Month/Day/Year) 7. Title and Amount of Securities Securities Beneficially Ownership (Instr. 5) 9. Number of derivative Securities Beneficially Ownership (Instr. 5) 10. Ownership Form: Ownership Ownership (Instr. 4) 11. Nature of Indirect (I) (Instr. 4) 12. Nature of Indirect (I) (Instr. 4) 13. Amount or Number of Amount or Number of Mounth/Day/Year) 14. Title of Derivative Securities Indirect (I) (Instr. 4) 15. Number of Amount of Securities Indirect (I) (Instr. 4) 16. Date Exercisable and Expiration Date (Month/Day/Year) 17. Title and Amount of Securities Indirect (I) (Instr. 4) 18. Price of Derivative Security (Instr. 3) 19. Number of Derivative Securities Indirect (I) (Instr. 4) 19. Number of Derivative Securities Indirect (I) (Instr. 4) 19. Number of Derivative Securities Indirect (I) (Instr. 4) 19. Number of Derivative Securities Indirect (I) (Instr. 4) 19. Number of Derivative Securities Indirect (I) (Instr. 4) 10. Ownership Form: Date Indirect (I) (Instr. 4) 10. Ownership Form: Date Indirect (I) (Instr. 4) 10. Ownership Indirect (I) (Instr. 4)	Common Stock, \$0.01 par value			01/16/2024				S		973	D	\$	9.46 57		3,323	D ⁽¹⁾	D ⁽¹⁾				
1. Title of Derivative Security (Instr. 3) Price of Derivative Security Security Sec	Common Stock, \$0.01 par value			01/16/2024					S		827	D	\$9	.465	57	572,496		D ⁽¹⁾			
Derivative Security (Instr. 3) Price of Derivative Security Security Date Conversion or Exercise Price of Derivative Security Number of Derivative Security Date Execution Date, if any (Month/Day/Year) Derivative Security Transaction Code (Instr. 8) Execution Date, if any (Month/Day/Year) Price of Derivative Security Security (Instr. 5) Derivative Securities Securities Security (Instr. 5) Derivative Security (Instr. 4) Ownership Form: Direct (D) Ownership Securities Security (Instr. 4) Instr. 4) Date Expiration Date Amount of Securities Securities Securities Instruction Code (Instr. 4) Derivative Security (Instr. 5) Derivative Security (Instr. 5) Amount of Securities Securities Security (Instr. 4) Instr. 4) Date Expiration Date Securities Month/Day/Year) Amount of Securities Securities Securities Securities Security (Instr. 4) Date Expiration Date Securities Month/Day/Year) Amount of Securities Securities Securities Security (Instr. 5) Derivative Security (Instr. 5) Direct (D) Ownership Form: Direct (D) Owne			Ta	able II -												Owne	d				
Date Expiration of	Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) 8			ion Date,	Code (of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4		Expiration Da		te	Amount of Securities Underlying Derivative Security (Ins 3 and 4)		De Se (In:	erivative ecurity nstr. 5)	derivative Securities Beneficially Owned Following Reported Transaction	Ownersh Form: Direct (D or Indire (I) (Instr.	: t (D) direct	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code	v	(A)	(D)		able		Title	or Numbe of	er								

 $1. The sale of shares occurred automatically pursuant to a Rule 10b5-1\ trading\ plan\ adopted\ by\ the\ Reporting\ Person\ on\ September\ 14,2023$

Remarks:

/s/ Anthony E. Hull

01/18/2024

** Signature of Reporting Person

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

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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 Number.

^{*} 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).