

**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION**
Washington, D.C. 20549

Form 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): 01/08/2010

Commission File Number	Exact name of registrant as specified in its charter; State or other jurisdiction of incorporation; Address of principal executive offices; and Registrant's telephone number including area code	IRS Employer Identification Number
001-33174	Carrols Restaurant Group, Inc. Delaware 968 James Street Syracuse, NY 13203 (315) 424-0513	16-1287774
001-06553	Carrols Corporation Delaware 968 James Street Syracuse, NY 13203 (315) 424-0513	16-0958146

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- ☐ **Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)**
- ☐ **Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)**
- ☐ **Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))**
- ☐ **Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))**

Item 2.02. Results of Operations and Financial Condition

On January 8, 2010, Carrols Restaurant Group, Inc., the parent company of Carrols Corporation, issued a press release commenting on its earning guidance for the fourth fiscal quarter and year ended January 3, 2010. The entire text of the press release is attached as Exhibit 99.1 and is incorporated by reference herein.

Item 9.01. Financial Statements and Exhibits

- (d) Exhibits
- 99.1 Carrols Restaurant Group, Inc. Press Release, dated January 8, 2010.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Carrols Restaurant Group, Inc.

Date: January 08, 2010

By: /s/ Paul R. Flanders

Paul R. Flanders
Vice President, Chief Financial Officer and Treasurer

Carrols Corporation

Date: January 08, 2010

By: /s/ Paul R. Flanders

Paul R. Flanders
Vice President, Chief Financial Officer and Treasurer

EXHIBIT INDEX

Exhibit No.	Description
EX-99.1	Carrols Restaurant Group, Inc. Press Release, dated January 8, 2010

FOR IMMEDIATE RELEASE**Investor Relations:****800-348-1074, ext. 3333**

Carrols Restaurant Group, Inc. to Present at Investor Conference**Company Comments on Earnings Guidance**

Syracuse, New York -- (Businesswire) -- January 8, 2010 -- Carrols Restaurant Group, Inc. (Nasdaq: TAST) today announced that it will present at the Cowen & Company 8th Annual Consumer Conference at The Westin Times Square in New York City on Monday, January 11, 2010. The presentation will begin at 9:00 AM ET and will be webcast live from the Company's website at www.carrols.com, under the investor relations section.

The Company also commented on its earnings guidance for the fiscal year ended January 3, 2010. The Company previously indicated that it anticipated diluted earnings per share for fiscal 2009 of between \$1.02 and \$1.06. While the Company reiterates this range, it noted that it now anticipates recording fixed asset impairment charges in the fourth quarter of 2009 of approximately \$2.4 million, or \$0.07 per diluted share after taxes, that are not reflected in its outlook.

The Company will provide additional details regarding its fourth quarter and full year 2009 financial results during its next quarterly conference call, which is planned for late February 2010.

About the Company

Carrols Restaurant Group, Inc., operating through its subsidiaries, including Carrols Corporation, is one of the largest restaurant companies in the United States. The Company operates three restaurant brands in the quick-casual and quick-service restaurant segments with 559 company-owned and operated restaurants in 17 states as of January 3, 2010, and 32 franchised restaurants in the United States, Puerto Rico, Ecuador, Honduras and the Bahamas. Carrols Restaurant Group owns and operates two Hispanic Brand restaurants, Pollo Tropical and Taco Cabana. It is also the largest Burger King franchisee, based on number of restaurants, and has operated Burger King restaurants since 1976.

Forward-Looking Statements

Except for the historical information contained in this news release, the matters addressed are forward-looking statements. Forward-looking statements, written, oral or otherwise made, represent the Company's expectation or belief concerning future events. Without limiting the foregoing, these statements are often identified by the words "may," "might," "believes," "thinks," "anticipates," "plans," "expects" or similar expressions. In addition, expressions of our strategies, intentions or plans are also forward-looking statements. Such statements reflect management's current views with respect to future events and are subject to risks and uncertainties, both known and unknown. You are cautioned not to place undue reliance on these forward-looking statements as there are important factors that could cause actual results to differ materially from those in forward-looking statements, many of which are beyond our control. Investors are referred to the full discussion of risks and uncertainties as included in the Company's and Carrols Corporation's filings with the Securities and Exchange Commission.