FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

l	OMB APPRO	VAL
	OMB Number:	3235-0287
l	Estimated average burde	en
l	hours per response:	0.5

5. Relationship of Reporting Person(s) to Issuer

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b)

1. Name and Address of Reporting Person

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

2. Issuer Name and Ticker or Trading Symbol

Lecouras Patricia							Chefs' Warehouse, Inc. [CHEF]								Director Officer (give title		10% O		
(Last) 100 EAS		3. Date of Earliest Transaction (Month/Day/Year) 05/15/2019								A belo	Officer (give title below) Other (specify below) Chief Human Resources Officer								
(Street) RIDGEFIELD CT 06877 (City) (State) (Zip)							4. If Amendment, Date of Original Filed (Month/Day/Year) Ative Securities Acquired, Disposed of, or Benefic								dividual or Joint/Group Filing (Check Applicable) X Form filed by One Reporting Person Form filed by More than One Reporting Person				
1. Title of Security (Instr. 3) 2. Transact Date (Month/Day						ion 2A. Deemed Execution Date,			3. Transa	ection	4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 a			5. An Secu Bene Owne	ount of ities icially d Following	Forn (D) o	n: Direct or Indirect nstr. 4)	7. Nature of Indirect Beneficial Ownership	
						Code	v	Amount	(A) or (D)	Price		action(s) 3 and 4)			(Instr. 4)				
Common	Stock	2019	019			M ⁽¹⁾		7,193	A	\$20.2	3	17,218		D					
Common Stock 05/15/20							019		S ⁽¹⁾		7,193	D	\$34.33	(2)	10,025		D		
Common Stock 05/17/20)19 ⁽³⁾		A ⁽⁴⁾		6,570	A	(4)		46,595		D		
		T	able II								posed of converti			y Owne	t				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		3A. Deer Execution if any (Month/I	on Date,		ransaction Code (Instr.		of		Exerci on Da Day/Yo		7. Title an Amount o Securities Underlyin Derivative (Instr. 3 a	of S Ig Security	8. Price of Derivative Security (Instr. 5)		e s illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisa	able	Expiration Date	Title	Amount or Number of Shares						

Explanation of Responses:

\$20.23

Price-Based Stock

Options

(Right to Buy)

1. The exercise of this price-based stock option and the sale of shares received pursuant thereto were executed pursuant to a 10b5-1 plan put in place by the Reporting Person on March 15, 2019.

7.193

2. Represents the weighted average sales price of the shares sold ranging from a low of \$33.70 to a high of \$34.51 per share. The Reporting Person undertakes, upon request by the Commission staff, the Issuer or a security holder of the Issuer, to provide full information regarding the number of shares sold at each separate price.

(5)

- 3. The Issuer granted these securities subject to stockholder approval of The Chefs' Warehouse 2019 Omnibus Equity Incentive Plan (the "Plan"). Stockholder approval of the Plan was received on May 17,
- 4. The Reporting Person received 6,570 shares of restricted common stock pursuant to the Plan. The forfeiture restrictions associated with this award will lapse in one-third increments as of the first through third anniversary dates of the grant date, February 25, 2019.
- 5. Price-based stock options were eligible for vesting upon the issuer's achievement of a \$30 stock price hurdle (based on 20-consecutive trading day average) on or before the fourth anniversary of the grant date, March 7, 2016; in addition, price-based stock options were not exercisable before the third anniversary of the grant date and were subject to the terms of the Reporting Person's non-qualified stock option agreement

/s/ Alexandros Aldous,

Attorney-in-Fact for Patricia 05/17/2019

Lecouras

Commor

Stock

03/07/2026

7,193

\$0

D

** Signature of Reporting Person Date

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

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

05/15/2019

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

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.