Chefs' Ward Form 4 March 10, 2							
FORN Check t	A 4 UNITED	STATES SE	ECURITIES AND EXCHANGE Washington, D.C. 20549	COMMISSION	OMB APPROVAL OMB Number: 3235-0287 January 31,		
if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940							
(Print or Type 1. Name and Pappas Chr	Address of Reporting	Syn	. Issuer Name and Ticker or Trading mbol	5. Relationship of F Issuer	Reporting Person(s) to		
(Last) (First) (Middle) 100 EAST RIDGE ROAD			nefs' Warehouse, Inc. [CHEF] Date of Earliest Transaction onth/Day/Year) /07/2016	(Check all applicable) X_ Director 10% Owner X_ Officer (give title Other (specify below) President and CEO			
(Street) RIDGEFIELD, CT 06877			lf Amendment, Date Original ed(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 Person 			
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Ac	quired, Disposed of,	or Beneficially Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Date any	e, if TransactionAcquired (A) or Code Disposed of (D) (ear) (Instr. 8) (Instr. 3, 4 and 5) (A)	SecuritiesFoBeneficially(DOwned(I)	Ownership 7. Nature of rm: Direct Indirect) or Indirect Beneficial Ownership astr. 4) (Instr. 4)		
Reminder: Re	port on a separate line	e for each class o	information conta required to respo	indirectly. bond to the collecti ined in this form a nd unless the form tly valid OMB contr	re not (9-02)		

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. Number of	6. Date Exercisable and	7. Title and Amount o
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	Acquired or Dispose (D) (Instr. 3, 4 and 5)	ed of				
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Share
Price-Based Stock Options (Right to Buy)	\$ 7.82	03/07/2016		А		95,908		<u>(1)</u>	03/07/2026	Common Stock	95,908

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Pappas Christopher 100 EAST RIDGE ROAD RIDGEFIELD, CT 06877	Х		President and	CEO			
Signatures							
/s/ Alexandros Aldous, Attorne	bher	03/10/2016					

Pappas

**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).

Price-based stock options are eligible for vesting only upon the issuer's achievement of a \$30 stock price hurdle (based on 20-consecutive (1) trading day average) on or before the fourth anniversary of the grant date; in addition, price-based stock options may not be exercised before the third anniversary of the grant date and are subject to the terms of the reporting person's non-qualified stock option agreement.

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.