

SIZING

Chef Works has the perfect fit for you. We've provided you with three easy-to-follow steps outlined below.

Please note our proprietary designs give Chef Works garments individual fits to allow for maximum comfort and function.

FIND YOUR PERFECT FIT IN 3 EASY STEPS

1

How do you want your garment to fit? Choose your fit from the color-coded charts shown on the next few pages.

2

What are your measurements? All of our garment size charts refer to actual chest, waist or hip measurements. Match yours to our charts to find your size.

3

Pick your garment!

MEASUREMENT GUIDELINES

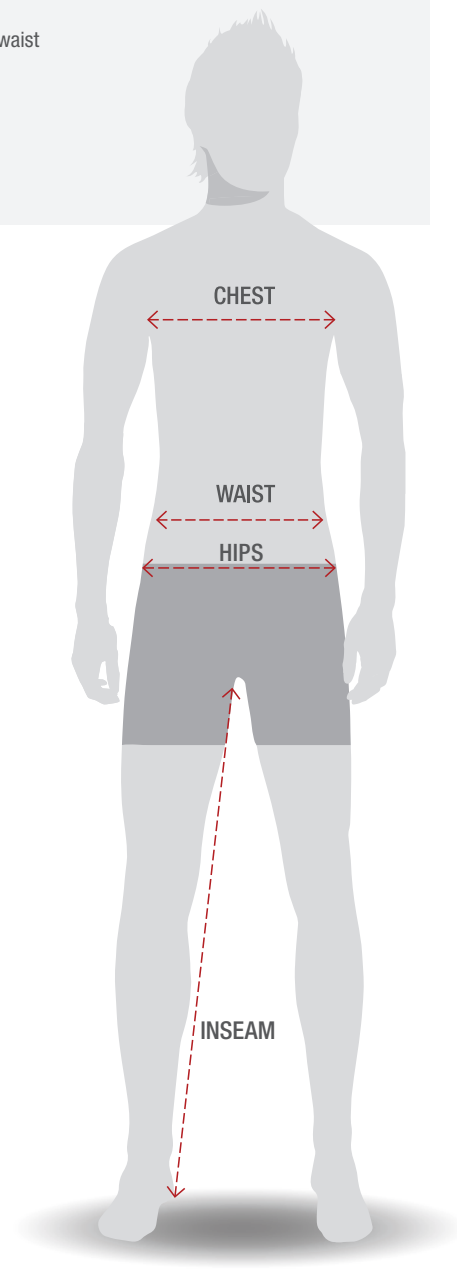
To get the best fit, stand straight and relax. With a measuring tape, use the illustration shown at the right as a guide and follow instructions below.

CHEST: Measure all the way around your body from the fullest part of the chest/bust with your arms down.

WAIST: Measure around your natural waistline above the hips.

HIPS: Measure around the widest part of your hips.

INSEAM: Measure from the base of the crotch to the bottom of your heel.



MEN'S SIZING

MEN'S COATS

COAT FITS	MF	Modern Fit Tailored fit, cut slim through the chest and body.										
	CF	Classic Fit Wider cut through the chest; wider sleeves for increased flexibility.										
	GF	Generous Fit Loosest fit, cut extra-wide through the body and sleeves.										
1	MEN'S/UNISEX COATS (ALPHA)											
	Chest (in)	32/34	36/38	40/42	44/46	48/50	52/54	56/58	60/62	64/66	68/70	72/74
	Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
	Chest (cm)	81/86	91/97	102/107	112/117	122/127	132/137	142/147	152/157	163/168	173/178	183/188
2	MEN'S/UNISEX COATS (NUMERIC)											
	Chest (in)	30	32	34	36	38	40	42	44	46	48	50
	Size	30	32	34	36	38	40	42	44	46	48	50
	Chest (cm)	76	81	86	91	96	102	107	115	117	122	127
	MEN'S/UNISEX COATS CONT'D (NUMERIC)											
	Chest (in)	52	54	56	58	60	62	64	66	68		
	Size	52	54	56	58	60	62	64	66	68		
Chest (cm)	132	137	142	147	152	157	163	168	173			

MEN'S SHIRTS

SHIRT FITS	MF	Modern Fit Tailored fit, cut close through the chest, slimmed sleeves.										
	CF	Classic Fit Broadly cut across the shoulders, cut wide through the chest and body, loose-fitting sleeves.										
	FF	Form Fit A polished fit with stretch fabrics that silhouette the body.										
1	MEN'S/UNISEX SHIRTS											
	Chest (in)	32/34	36/38	40/42	44/46	48/50	52/54	56/58	60/62	64/66	68/70	72/74
	Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
	Chest (cm)	81/86	91/97	102/107	112/117	122/127	132/137	142/147	152/157	163/168	173/178	183/188

MEN'S PANTS

PANT FITS	MF	Modern Fit Sits on natural waist, straight silhouette through the thigh and leg for a clean look, 32.5" inseam. Straight 19" leg opening.										
	MT	Modern Straight Fit Sits slightly above hip, tapered silhouette through the thigh for a contemporary look, 31" inseam. Straight through the leg and knee, tapered 17.8" leg opening.										
	MS	Modern Slim Fit Sits at hip, slim silhouette through the thigh and leg for a fitted look, 31" inseam. Tailored 15.6" leg opening.										
	CF	Classic Fit Sits on natural waist, relaxed fit through thigh and leg for a professional look, 32" inseam. Straight 18.2" leg opening.										
1	MEN'S PANTS (ALPHA)											
	Waist (in)	26/28	30/32	34/36	38/40	42/44	46/48	50/52	54/56	58/60	62/64	66/68
	Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
	Waist (cm)	66/71	76/81	86/91	97/102	107/112	117/122	127/132	137/142	147/152	157/162	167/172
2	MEN'S PANTS (NUMERIC)											
	Waist (in)	24	26	28	30	32	34	36	38	40	42	44
	Size	00	0	2	4	6	8	10	12	14	16	18
	Waist (cm)	61	66	71	76	81	86	91	97	102	107	112

WOMEN'S SIZING

WOMEN'S COATS

COAT FITS	SF	Slim Fit Updated feminine fit skims the body for a form-fitting look.								
	CF	Classic Fit Relaxed fit tailored to the female form without compromising professional look.								
1	WOMEN'S COATS									
	Chest (in)	30/32	34/36	38/40	42/44	46/48	50/52	54/56	58/60	62/64
	Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
	Chest (cm)	76/81	86/91	97/102	107/112	117/122	127/132	137/142	147/152	157/163

WOMEN'S SHIRTS

SHIRT FITS	FF	Form Fit A polished fit with stretch fabrics that fit snugly to the curve of the body.								
	SF	Slim Fit Figure-defining silhouette offers a sleeker, slimming fit.								
	MF	Modern Fit Tailored for a feminine fit with a slightly relaxed silhouette.								
	CF	Classic Fit Easy fit silhouette skims the body with an updated drape for a professional, pulled together look.								
1	WOMEN'S SHIRTS									
	Chest (in)	30/32	34/36	38/40	42/44	46/48	50/52	54/56	58/60	62/64
	Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
	Chest (cm)	76/81	86/91	97/102	107/112	117/122	127/132	137/142	147/152	157/163

WOMEN'S PANTS

PANT FITS	SF	Slim Fit Sits at hip, fitted silhouette through the thigh and leg for a slim look, 32" inseam. Tailored 16" leg opening.										
	MF	Modern Fit Sits on natural waist, streamlined silhouette through the thigh and leg for a polished look, 31" inseam. Slight bootcut 18.5" leg opening.										
	RF	Relaxed Fit Sits on natural waist, relaxed silhouette through thigh and leg for a professional look, 31.5" inseam. Slight flare 20" leg opening.										
1	WOMEN'S PANTS (ALPHA)											
	Waist (in)	26/28	30/32	34/36	38/40	42/44	46/48	50/52				
	Size	XS	S	M	L	XL	2XL	3XL				
2	WOMEN'S PANTS (NUMERIC)											
	Waist (in)	24	26	28	30	32	34	36	38	40	42	44
	Size	00	0	2	4	6	8	10	12	14	16	18
	Waist (cm)	61	66	71	76	81	86	91	97	102	107	112

BIRKENSTOCK®

HOW TO MEASURE

It's important to measure your foot accurately to find the right size shoe. To work out the size and width you will require, please follow these steps:

1. Measure the length of your foot by standing on a flat surface with your full weight on your foot, then measure the distance from the back of your heel to the tip of your longest toe.
2. Add 10mm to your foot length to allow your foot room to move. This will give you the footbed length you need to find your size.

Adults Regular

Size	Length	Width
35 Regular	225mm	89mm
36 Regular	230mm	91mm
37 Regular	240mm	93mm
38 Regular	245mm	95mm
39 Regular	250mm	97mm
40 Regular	260mm	99mm
41 Regular	265mm	101mm
42 Regular	270mm	102mm
43 Regular	280mm	103mm
44 Regular	285mm	107mm
45 Regular	290mm	109mm
46 Regular	300mm	113mm
47 Regular	305mm	115mm
48 Regular	310mm	117mm
49 Regular	315mm	119mm
50 Regular	325mm	121mm