



@hmart.calgary

You can find weekly products and discount coupons on the H-MART Instagram.

매주 다양한 제품과 할인쿠폰을 H-MART 인스타그램에서 만나세요!

This sale is available at all H-Mart locations in Calgary.  
이 세일은 H-MART 캘거리 전 지점에서 진행됩니다.

**HAPPY**  
**FAMILY**  
**SALE PART TWO!**

**FREE**  
**SHOPPING BAG**

**3 DAYS ONLY**  
MAY 08-10

**PURCHASES OVER \$75 AT H-MART!**

\$75이상 구매고객께 장바구니를 드려요!

**LIMITED TO 200 BAGS PER DAY**



THE "FULL OF SMILES"  
THE HAPPINESS SALE



200  
BAGS  
LIMITED

HOT DEAL

36.98 BAG

2025 NEW CROP

Kyong Gi Rice 40LB 경기미



LIMIT 1 19.98 BOX

DSU)Maxim Coffee Mix(100T)  
동서)맥심 모카골드 커피믹스



HOT DEAL

9.98 BOX

NS)Sang-Sang Udon Box 276Gx6  
농심)생생우동



HOT DEAL

1.88 LB

Sugar Bee Apple 슈가비 사과



**18.88 BOX**

Ataulfo Mango Box 아돌포 망고



**1.18 LB**

JackFruit 잭플룻



**4 DAYS ONLY**  
MAY 08-11

**LIMITED QUANTITY 16.98 LB**

**LIVE** Lobster 랍스터



**4 DAYS ONLY**  
MAY 08-11

**LIMITED QUANTITY 16.98 LB**

**LIVE** Dungeness Crab(Single Claw)  
던지너스 게(싱글)



**17.98 BOX**

**CJ) COOKED WHITE RICE 210GX12**

CJ)햇반박스



**3 FOR 9.98**

**SY) MEP NOODLES 120GX4 3KINDS**

삼양) 맵탕(후추&소고기/치킨&실란트로/마늘&조개)

# MAY SPECIALS

# PEACH IN STOCK

White Peaches, Yellow Peaches,  
Donut Peaches & Apricots

NOW IN  
SEASON

**Fresh**

백도 황도 도넛피치 살구 시즌 임하!

HIRAYAMA SHOTEN

## AAA Premium Hokkaido Uni

ARRIVING ON MAY 16

Ezo Bafun Uni From The Pristine Waters Of Hokkaido.

FRESHLY HARVESTED

RICH CREAMY SWEET

- Limited Quantity
- First Come First Served!
- Don't miss this golden opportunity

MADE IN  
JAPAN

BY  
AIR

## 연우제다

Flavor of Korea  
Healthy Tea Gift Set

**19.98**BOX

Set1 (Green ,Hoji , Black)  
한국의 향 삶세트(녹차/호지차/홍차)

SET 1



SET 2



**19.98**BOX

Set2 (Chrysanthemum  
Mugwort, Pumpkin)  
한국의 향 행복세트(국화차/쑥차/호박차)

Flavor of Korea  
한국의 향



시이  
골야기

## JUICE GIFT SET



**11.98**BOX

RS) Pear Juice/Apple Juice 100MLx10

시이골야기)배다음배즙/사과다음 사과즙

# Mother's Day

BEST GIFTS FOR YOUR MOM

MOTHER'S DAY SPECIAL

medicube<sup>®</sup>

## BUY AGE-R BOOSTER PRO

Get A Free Glutathione Glow Ampoule!

6 IN 1 TOTAL CARE



OR

+



FREE

Glutathione Glow Ampoule

289<sup>98</sup> EA

에이지 알 부스터 프로  
Choose One!  
Pink Or White

물광  
피부

모공  
세척



25.98 BOX

DW)6Year Korean Red Ginseng Extract Everyone 10MLx30

동원)6년근 홍삼정 에브리원(30포)



25.98 BOX

DS)Emperor Agarwood Premium Pill(30PCS)

동원)황제침향단 프리미엄(30환)

## Oronia All Products 30% Off

오로니아 전제품 30% Off  
\$300이상 구매시 (한국 무료택배)

Purchase Oronia over \$300 for free shipping to Korea



Products May Be Sold Out Early 상품들은 조기품절될 수 있습니다

# Special SALE



**10<sup>98</sup>**  
PK

SJ) Fish Cake Skewer 2.23LB

삼진)정성가득 꼬치어묵



**NOODLE SPECIALS**



**2 FOR 9<sup>98</sup>**

NS) Chapagetti 127Gx4  
Shin Ramyun 120Gx4  
농심)짜파게티/신라면(한국산)

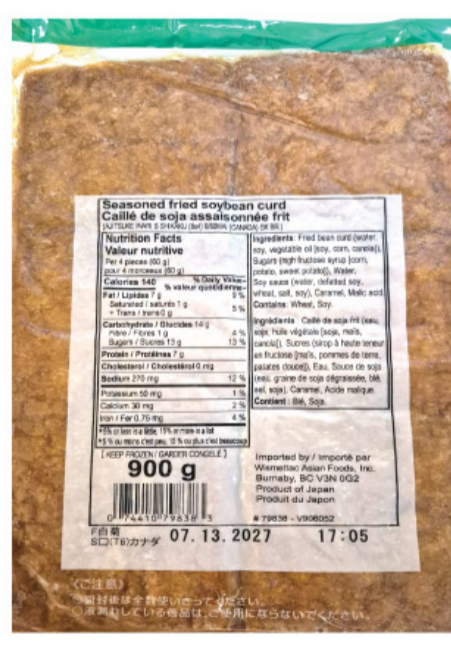


**2 FOR 12<sup>98</sup>**

HS) Cold Noodles 560G-1KG  
(Cold Broth/Spicy Sauce)  
한상)물냉면/비빔냉면



**ADD TASTE. EVERY DAY.**



**9<sup>98</sup>**  
PK

**7<sup>98</sup>**  
EA

DW) Tuna 150Gx4  
(Lite Standard/Spicy)  
동원)캔참치(살코기/매콤)

SK) Bean  
Curd Ajitsuke Inari  
(60P) No Msg 900G



**5<sup>98</sup>**  
PK

HS) Thin Wrap Dumplings  
(Kimchi/Leek) 600G  
한상)얇은피 만두(김치/부추)



# MUST-HAVE ITEMS



**228**  
EA

**498**  
EA

TS) Multi-Purpose  
Cooking Wine 600ML  
쿠킹와인

SK) Japanese Style  
Mayonnaise 500G  
시라키쿠)일본식 마요네즈 소스

## SWEET TREATS



**198**  
EA

SK) Ramune Drink 200ML 7Kinds  
시라키쿠)라무네 음료7종



**2 FOR**

**1098**

SWM) Milk 190MLx6  
(Coffee/Strawberry/Choco)  
서울우유)우유(커피/딸기/초코)



**398**  
BOX

LT) Choco Pie 336G  
(Banana/Original/Black Sugar/Cacao/Green Tea)  
롯데)초코파이5종



**398**  
EA

CRW) Caramel & Peanut 150G  
Cinnamon Honey Snack 245G  
(Original/Sweet Potato/Nurungi)

**2.98<sup>LB</sup>**

Korean Spring Napa  
봄동



**2.98<sup>LB</sup>**

Korean Cucumber  
한국오이



**4.88<sup>LB</sup>**

Korean Spinach  
포항초



**1.88<sup>LB</sup>**

Sher Li Hon 설리홍



**7<sup>98</sup><sub>LB</sub>**

Red Cherry  
레드체리



**24<sup>98</sup><sub>BOX</sub>**

Korean Melon 10LB  
참외박스



**3 FOR  
1<sup>88</sup>**

Green Onion  
파



**2 FOR  
4<sup>98</sup>**

PMO)Tofu(Soft/Firm)  
풀무원)두부(찌개용/부침용)



**2 FOR  
1<sup>68</sup>**

Enoki Mushroom 200G  
팽이버섯



**4<sup>98</sup><sub>BAG</sub>**

Peeled Garlic 3LB  
간마늘



**0<sup>98</sup><sub>LB</sub>**

Navel Orange  
네이블 오렌지

**6.98PK**

**4 DAYS ONLY** MAY 08 - 11

Ecuador White Shrimp  
(HOSO)20/30  
에콰도르 머리있는 백새우



**ARRIVAL ON SATURDAY**

**FRESH**

**23.98PK**

**3 DAYS ONLY** MAY 09 - 11

**LIMITED QUANTITY**

Starry Flounder  
Sashimi 200G  
도다리 세꼬시회



**23.98PK**

**FRESH**

**ARRIVAL ON SATURDAY**

**3 DAYS ONLY** MAY 09 - 11

**LIMITED QUANTITY**

Sliced Raw Flounder  
150G 제주광어회



PRODUCT OF JEJU  
**제주산**

**11.98PK**

JF)Boneless  
Hairtail Fish 100G  
JF)순살갈치



PRODUCT OF JEJU  
**제주산**

**17.98PK**

JF)Lightly Salted  
Semi Dried Snapper 180G  
JF)저염자반 자연산 반건조 옥돔



**12.98PK**

FOWM)Abalone 3PCS 170G  
청해거상)냉동전복 3미



**13.98PK**

GRH)Baby Octopus  
For Stir-Fry with Sauce 612G  
그린햇)쭈꾸미볶음(소스포함)



**2 FOR 6.98**

BS)Fully Cooked  
Clam 360G  
베스트씨푸드)바지락



**16.98PK**

CRD)Dried Seasoned&Shredded  
Squid 227G (Red/Yellow)  
초립동)오징어채(홍진미/맛진미)



**9.98PK**

CRD)Dried Wild  
Anchovy For Stew 227G  
초립동)다시멸치



**8.98PK**

SH)Dried Herring 150G  
수협)디포리

**15.65<sup>LB</sup>**

**4DAYS ONLY** MAY 08 - 11

AAA Beef Top Blade Steak  
AAA부채살 스테이크



**7.80<sup>LB</sup>**

**4DAYS ONLY** MAY 08 - 11

Pork Capicola Roast  
BBQ용 생목살



**17.60<sup>LB</sup>**

**4DAYS ONLY** MAY 08 - 11

Fresh Beef Short Rib LA  
생 LA갈비



**18.01<sup>LB</sup>**

**4DAYS ONLY** MAY 08 - 11

Thinly Sliced Beef Brisket  
차돌박이



**10<sup>16</sup><sup>LB</sup>**

**4DAYS ONLY** MAY 08 - 11

Beef Finger Meat Chunk  
늑간살 원료육



**16<sup>96</sup><sup>LB</sup>**

**4DAYS ONLY** MAY 08 - 11

Beef Ox Tail  
생 소꼬리



**8<sup>21</sup><sup>LB</sup>**

Pork Belly Skinless Chunk  
수육삼겹



**12<sup>97</sup><sup>LB</sup>**

Beef Eye Round Shabu  
홍두깨 샤브



**7<sup>67</sup><sup>LB</sup>**

Beef Backrib  
소등갈비



**9<sup>03</sup><sup>LB</sup>**

Beef Brisket Chunk  
양지머리



**CALGARY ONLY**

**15<sup>92</sup><sup>LB</sup>**

Beef Hainging Tender  
구이용 토시살

**51.98PK**

**4DAYS ONLY** MAY 08 - 11

Roll Tray  
롤트레이



**12.98PK**

**4DAYS ONLY** MAY 08 - 11

Inari Sushi  
유부초밥



**6.98PK**

**4DAYS ONLY** MAY 08 - 11

Yuringi  
유린기



**17.98PK**

**4DAYS ONLY** MAY 08 - 11

Mini Jokbal  
미니족발



간편하고 완벽한 한끼

# Deli Special

**4DAYS ONLY** MAY 08 - 11

**5<sup>98</sup>**  
PK

Ham Kimbap  
햄김밥



**5<sup>98</sup>**  
PK

Burdock Kimbap  
우엉김밥



믿고먹는 우리동네  
**H-MART**  
**떡집**

비컨힐점에서 **매.일.아.침** 만듭니다

H-Mart Calgary Beacon Hill  
Rice Cake Shop



**4<sup>98</sup>**  
1PK

**8<sup>98</sup>**  
2PKS

**4DAYS ONLY** MAY 08 - 11

Rice Cake (1Pack/2Packs) 일반 판매용 떡

**Morning Special**

**EVERY MORNING**

**9AM-11AM**

아침부터 든든한 한끼!



**사골우거죽**

Beef bone broth  
with dried cabbage

**10<sup>99</sup>**  
EA

고요한 아침의 진한 국물맛!



**설렁탕**

Beef Bone Soup

**8<sup>99</sup>**  
EA

**H-MART**  
**Downtown Deli**

**오늘 뭐 먹지?**

What should I eat today?

**KIMBAP**  
**DAY**



**TUESDAY**  
**ONLY**

**10% OFF**  
ALL KIMBAP ITEMS

**SUSHI**  
**DAY**



**WEDNESDAY**  
**ONLY**

**10% OFF**  
ALL SUSHI ITEMS

Double discounts are not allowed for this promotion.

이 프로모션은 중복할인이 불가합니다.

This applies only to downtown Calgary

이 내용은 캘거리 다운타운만 해당합니다.

CALGARY ONLY

# Her Bouquet. Freshly Baked

PRE-ORDER NOW!



### MINI CARAMEL BOUQUET CAKE

Reminiscent of a bouquet of tulips, this cake features a white sheet cake embedded with caramel and buttercream.



### CLOUD CAKE

A crowd favorite with fluffy Cloud cream, light sheet cake, and fresh fruits — perfect for celebrating all moms!



### STRAWBERRY CLOUD CAKE

Strawberry sheet cake layered with a strawberry cloud cream with fresh fruits and cream on top.



### LEMON RASPBERRY CAKE

A sweet and tart lemon raspberry buttercream cake, the perfect treat for mom this Mother's Day.



### UBE CLOUD CAKE

Fluffy ube sheet cake enveloped in our signature Cloud cream for a nutty, creamy delight.

TOUSlesJOURS



bb.q CHICKEN

MAY EVENT

# FAMILY MONTH SPECIAL

MON-TUES

# 2 in 1 BOX



주문즉시

신선한 닭을  
바삭하게  
튀겨드려요~

2 DAYS ONLY MAY 11 - 12

Flavour

1

Flavour

1

= \$44 →

\$38

Choose what you want

WED-THURS

# WING'S DAY



2 DAYS ONLY MAY 13 - 14

치킨윙  
Chicken Wings

~~\$14~~  
\$10.99

## Sulwhasoo


**189<sup>98</sup>**  
 SET

**YUNJO ESSENTIAL(3PCS) SET**

윤조 에센셜 세럼 세트


**239<sup>98</sup>**  
 SET

**GINSENG CREAM(50ML) SET**

진생 크림 리치 세트

**CLEANSING  
FOAM & OIL**

**37.98<sup>EA</sup>**

Gentle Cleansing Foam 200ML

젠틀 클렌징 폼

**45.98<sup>EA</sup>**

Gentle Cleansing Oil 200ML

젠틀 클렌징 오일

**Hair Dye  
Cream**

**8<sup>98</sup>**  
 EA

RYO)Herbal Cream Hair Dye

려)우아채 한방크림 염색약

d'Alba

# WHITE TRUFFLE SERUM

탄력의 근본케어 화이트  
트러플 세럼



**25.98** EA

White Truffle Prime Intensive Serum 100ML  
화이트 트러플 프라임 인텐시브 세럼

## medicube<sup>+</sup> Best Skin Ever



Hydrate. Firm. Glow.

동결 건조 콜라겐으로 피부에 수분, 탄력, 광채를!

**27.98** EA Collagen Jelly Cream 110ML  
메디큐브)콜라겐 젤리 크림

## Happy Bath

Perfume Body Wash



**9.98** EA

Happy Bath)Perfume Body Wash 760G  
(Baby Powder/Black Rose/ White Musk)  
해피바스)모이스처 퍼퓸 바디워시

CUCKOO  
**업소용**  
**전기밥솥**



**30 CUPS** **299.99 EA**

Cuckoo) Commercial Rice Cooker  
쿠쿠)업소용 전기밥솥(30인용)

**ANBANG**  
**BBQ GRILL**

안방그릴 **울트라 6세대**



**269.00 EA**

Anbang Grill Ultra 6th Generation  
안방그릴 울트라 6세대

*lee yeon bok's*  
**WOK PAN**  
**& FRYING PAN**

이연복 통3중 빅큐브 **궁중팬 & 후라이팬!**



**42.98 EA**

Big Cube Frying Pan(28cm)  
통 3중 빅큐브 후라이팬

**45.98 EA**

Big Cube Wok Pan(28cm)  
통 3중 빅큐브 궁중팬

# KITCHEN ESSENTIALS



**8<sup>98</sup>  
EA**

LT)The Soft Easy Digestive Assorted Grain 800G

롯데)The 부드럽고 속편한 잡곡



## MUST-HAVE ITEMS



**4<sup>98</sup>  
EA**

CRD)Seasoned Roasted Seaweed 40Gx2 3Kinds

초립동)보령대천자반김(기획)3종



**3<sup>98</sup>  
EA**

DW)Mackerel 300G

동원)고등어캔



**4<sup>98</sup>  
EA**

DW)Saury 300G

동원)꽁치캔



## SEASONINGS



**3<sup>98</sup>  
EA**

CRD)Red Pepper Paste 500G Coarse Salt 1.36KG/Sesame 226G

초립동)명가고추장/굵은소금/볶음참깨



**12<sup>98</sup>  
EA**

CJ)Green Plum Extract 1.02KG

CJ)매실청



## FOR MAKING BROTH



**8<sup>98</sup>  
EA**

1)HS)Broth Pack 120G 3Kinds

2)CJ)Dadam Seasoning 140Gx3 2Kinds

1)한상)죽방렘 다시팩3종 · 2)CJ)다담찌개양념2종



**6<sup>98</sup>  
EA**

CRD)Dried Seaweed 150G

초립동)순미역



**NEW 2<sup>98</sup> EA**

**HB)Glutinous Rice Chips 30G 3Kinds**  
 하늘바이오)명인 참쌀 부각3종



**QUICK MISO**



**6<sup>88</sup> EA** Hikari)Instant Miso 20P 330G  
 (Awase/Mild)



**SAUCE SPECIAL**



**4<sup>98</sup> EA** Pace)Chunky Salsa 642ML  
 (Mild/Medium/Hot)

**6<sup>98</sup> EA** Watson)Sesame Paste 454G  
 왓슨)참깨 페이스트



**NOODLE SPECIALS**



**2<sup>98</sup> PK** Lucky Me)Instant Noodles 60Gx6  
 (Catan Kalamansi/Catan Chilimansi  
 Beef Mami/Chicken Mami)



# MUST-HAVE ITEMS



**2 FOR 6<sup>98</sup>**

**4<sup>98</sup> PK**

CAC)Rice Cakes 1KG  
(Sliced/Stick)  
참앤찬)쌀떡국떡/쌀떡볶이떡

Watson)Tornado  
Potato (5PCS) 500G  
왓슨)토네이도 감자



**2<sup>98</sup> EA**

**4<sup>48</sup> EA**

SJD)Pickled Radish  
For Kimbap 400G  
사조대림)김밥단무지

SJD)Seasoned  
Burdock & Radish 250G  
사조대림)우영이랑 단무지랑



**5<sup>98</sup> EA**

**2 FOR 7<sup>98</sup>**

SK)100% Pure  
Sesame Oil 370ML  
시라키쿠)참기름

HEIWA)Frozen Sanuki  
Udon 250Gx5  
헤이와)냉동 사누끼 우동



## KIMCHI SPECIAL



**4<sup>98</sup> EA**

**18<sup>98</sup> EA**

CJ)Bibigo Sliced  
Radish Kimchi 450G  
CJ)비비고 깍두기

CJ)Bibigo Whole  
Kimchi 2KG  
CJ)비비고 포기김치

**NEW**

MUCHIGO'S

# IN WATER SIDE DISHES



## HEALTHY STEAMED VEGGIES



**5<sup>98</sup>  
EA**

**Steamed Vegetables 400G  
(Thistle/Aster Scaber/Taro Stem)  
두메산골 곤드레/취나물/토란대**

## FOR MAKING SIDE DISHES



**3<sup>98</sup>  
EA**

**Steamed  
Radish Leaf 400G  
제주 무청시래기**



**4<sup>98</sup>  
EA**

**Steamed Sweet  
Potato Stem 400G  
고구마 줄기**



**8<sup>98</sup>  
EA**

**Steamed  
Bracken 400G  
고사리**



**9<sup>98</sup>  
EA**

**Steamed Balloon  
Flower Root 400G  
도라지**

# SNACK TIME



**2 FOR  
348**

**Sanko)Snacks 50-81G**

(Echigo Taruyaki Goma/Echigo Taruyaki Shoyu  
Echigo Umashio/Mini Salad Senbei Ebi Shio  
Soft-Sen Senbei Ebi/Soft-Sen Senbei Salad)



**SNACK SPECIALS**



**198  
EA**

**Hello Kitty)Drinks 310ML**

(Brown Sugar/Taro  
Apple Aloe Vera/Grape Aloe Vera)



**398  
EA**

**WJ)Drinks 1.5L 3Kinds**

웅진)초록매실/아침햇살  
요거상큼(복숭아)



**JELLY DRINKS**



**558  
PK**

**Sunity)Jelly Drinks 150Gx5**

(Pomelo Sago/Grape/Blueberry Sago  
Mango Pomelo Sago/Pear & Loquat/Pear)



**4.59**  
EA

Weilong) Spicy Kelp Snack  
Konjac Strip 252G  
(Spicy/Szechuan/Hot and Sour)



**2.98**  
EA

Richy) Karo Crispy Butter Waffles 150G  
Jin Ju Gold Rice Cracker (Honey) 168G  
리치) 카로 버터와플/진주골드 쌀과자(허니맛)



**3 FOR**  
**3.98**

Yoplait) Yop 1% 200ML  
(Raspberry/Strawberry  
Limited Edition)

**398**  
EA

**Snack Deals**



**CRW)Cornchip(Super Sweet)148G  
Seven Grain Cookie 216G**  
크라운)콘칩(초당옥수수맛)/칠곡쿠키

**498**  
EA

**Snack Deals**



**CRW)Creamble Cake  
Cream Brulee 320G**  
크라운)크림블



**ORO)Turtle Chips 160G 4Kinds**  
오리온)꼬북칩4종

**598**  
EA

**Snack Deals**



**LT)Custard  
Cake 276G**  
롯데)카스타드



**NS)Shrimp Cracker 400G  
Honey Twist 285G/Tako Chip 286G**  
농심)패밀리 사이즈(새우깡/꿀과배기/자갈치)



**KW)Milk Soft Bread(6PCS) 300G  
JLJL)Strawberry Soft Bread(6PCS) 300G**  
키즈웰)우유케이크 · 젤리젤리)딸기풍당케이크

# H-MART DOWNTOWN

# CUSTOMER PARKING REIMBURSEMENT PROGRAM

Please present your same-day parking receipt at checkout to receive a partial parking reimbursement as a discount on your purchase.

(Cash refunds are not available.)

(\*Effective February 1, 2026)

당일 주차 영수증을 계산 시 제시해 주시면,  
주차비 일부를 물품 구매 금액에서 할인해 드립니다.

(현금 환급은 불가합니다.) (\*2026년 2월 1일 부터 시행)

REQUIREMENT		PARKING REIMBURSEMENT
Purchases over \$50 and show us your parking receipt	▶	Up to \$2.50
Purchases over \$100 and show us your parking receipt	▶	Up to \$5.00