

Summa

CO-OPERATIVE SINCE 1977

FROZEN

NOV - DEC 2023

FROZEN

A bit more about it..

One of the best reasons to choose Suma is that you can get everything in a convenient one-stop-shop. We've got it all – 7,000 lines of ambient, chilled and frozen groceries all ready to deliver to your door.

Here's a selection from our main catalogue focusing on our frozen offering, from ice cream to pizza, frozen fruit and veg to burgers and sausages, ready-meals and ingredients. There are dairy-free and gluten-free options throughout, and as with everything we stock all the products are vegetarian and have nothing nasty added.

There is something for everyone here. Explore & enjoy.



Key BFGSOV

B - Biodynamic // F - Fairtrade or BAFTS accredited // G - Gluten-Free //
O - Organic // S - Added Sugar // V - Vegan

All prices are correct at time of print and stock is subject to availability.

code	product	size	rrp	bfgosv
DESSERTS, DAIRY (FROZEN)				
PUKPIP				
XL335	Milk Chocolate Dipped Bananas	3 x 70g	3.79	S
XL337	White Chocolate Dipped Bananas	3 x 70g	3.79	S
ROSKILLYS				
XL219	Caramel Crunch Ice Cream	500ml	5.95	OS
XL174	Caramel Crunch Ice Cream	120ml	1.89	OS
XL325	Chocolate Ice Cream	500ml	5.95	OS
XL171	Chocolate Ice Cream	120ml	1.89	OS
XL170	Clotted Cream Vanilla Ice	120ml	1.89	OS
XL326	Mint Choc Chip Ice Cream	500ml	5.95	OS
XL173	Mint Choc Chip Ice Cream	120ml	1.89	OS
XL327	Strawberry Ice Cream	500ml	5.95	OS
XL172	Strawberry Ice Cream	120ml	1.89	OS
XL220	Vanilla Ice Cream	500ml	5.95	OS
YEO VALLEY				
XL159	Blueberry Kefir Ice Cream	480ml	5.49	OS
XL347	Mint Chocolate Chip Ice Cream	500ml	5.49	OS
XL248	Sea Salted Caramel Ice Cream	500ml	5.49	OS
XL158	Strawberry Kefir Ice Cream	480ml	5.49	OS
XL246	Vanilla Ice Cream	500ml	5.49	OS
DESSERTS, NON-DAIRY (FROZEN)				
BOOJA-BOOJA				
110ml Tubs				
XL258	Caramel Pecan Praline Ice Crea	110ml	2.10	OV
XL048	Choc Salted Caramel Ice Cream	110ml	2.10	OV
XL332	Hazel Choc & Truffle Ice Cream	110ml	2.10	OV
XL031	Hunky Punky Chocolate	110ml	2.10	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ml	2.10	OV
XL256	Raspberry Ripple Ice Cream	110ml	2.10	OV
465ml Tubs				
XL263	Caramel Pecan Ice Cream	465ml	5.69	GOSV
XL013	Choc Fudge Brownie Ice Cream	465ml	5.69	GOSV
XL259	Choc Salted Caramel Ice Cream	465ml	5.69	GOSV
XL002	Cookie Dough Ice Cream	465ml	5.69	GOSV
XL033	Deeply Chocolate Ice Cream	465ml	5.69	GOSV
XL023	Mango & Raspberry Ice Cream	465ml	5.69	GOSV
XL038	Vanilla Ice Cream	465ml	5.69	GOSV
GRIDDLE				
XL207	Blueberry Wholegrain Waffles	200g	3.40	V
XL342	Choc-Chip Protein Waffles	200g	3.60	S
XL208	Choc-Chip Wholegrain Waffles	200g	3.40	V
XL341	Original Protein Waffles	200g	3.60	S
XL206	Original Wholegrain Waffles	200g	3.40	V
LICK				
Oat-Based Vegan Ice Cream				
XL331	Cookies & Cream Ice Cream	480ml	4.99	SV
XL330	Mint Chocolate Ice Cream	480ml	4.99	SV
XL328	Raspberry Ripple Ice Cream	480ml	4.99	SV
XL317	Vanilla Ice Cream	480ml	4.99	SV
NATURLI'				
XL146	Cookie Dough Deluxe Ice Cream	480ml	4.99	SV
XL144	Double Fudge Brownie Ice Cream	480ml	4.85	SV
Cones				
XL150	Salted Caramel Ice Cream Cones	4 x 130m	5.25	GSV
NEED				
XL250	Caramel Ice Cream Sandwich	115ml	4.99	V
XL262	Chocolate Ice Cream Bar	45ml	3.35	V
XL260	Coconut Ice Cream Bar	45ml	3.35	V

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XL286	Mango Ice Cream Sandwich	115ml	4.99	VS
XL281	PB & J Ice Cream Sandwich	115ml	4.99	V
XL271	Solid Gold Ice Cream Sandwich	155ml	4.99	V
XL251	Strawberry Ice Cream Sandwich	115ml	4.99	V
XL249	Too Choc Ice Cream Sandwich	115ml	4.99	V
XL277	Very-Dandy Ice Cream Sandwich	115ml	4.99	V
	PUKPIP			
XL334	Dark Chocolate Dipped Bananas	3 x 70g	3.79	SV
	SWEDISH GLACE			
XL017	Juicy Raspberry	750ml	5.10	SV
XL018	Rich Chocolate	750ml	5.10	SV
XL016	Smooth Vanilla Ice Cream	750ml	5.10	VS
	FRUIT (FROZEN)			
	NATURAL COOL			
XL142	Organic Berry Mix	300g	4.85	GOV
XL145	Organic Blueberries	300g	4.70	GOV
XL179	Organic Raspberries	300g	7.20	GOV
XL182	Organic Sour Cherries	300g	4.40	GOV
XL180	Organic Strawberries	300g	4.65	GOV
	PACK'D			
XL252	Organic Blueberries	300g	5.50	OV
XL148	Organic Cherries	300g	5.25	OV
XL133	Organic Raspberries	300g	6.80	OV
XL135	Organic Strawberries	300g	5.25	OV
XL188	Organic Summer Berries	300g	5.50	OV
	WINDMILL HILL			
XL282	British Organic Blackcurrants	400g	3.60	OV
XL279	British Raspberries	300g	3.60	V
XL283	British Summer Fruits	330g	3.60	V
XL084	British Sweet Eating Selection	330g	3.60	V
	MEAT FREE ALTERNATIVES(FROZEN)			
	BEYOND MEAT			
XL053	Burgers	226g	5.20	GV
XL091	Meatballs	200g	5.20	GV
XL088	Mince	300g	5.20	GV
XL063	Sausages	200g	5.20	GV
	FRYS			
XL010	Chicken Style Strips	380g	4.00	V
XL006	Golden Crumbled Schnitzel	320g	3.55	V
XL070	Plant Based Chick'n Fillet	180g	3.80	V
XL302	Popcorn Chick'n	300g	3.90	V
XL216	Rice Protein & Chia Nuggets	240g	4.00	V
	IMPULSE FOODS			
XL109	Organic Garlic & Herb Tempeh	227g	3.20	OV
XL107	Organic Tempeh	227g	3.15	OV
	LINDA MCCARTNEY			
XL161	Vegemince	500g	4.35	V
	NATURLI'			
XL101	'Shape Me' Vegan Mince	300g	4.65	GV
XL065	Schnitzel	300g	4.65	GV
XL071	Vegan Balls	300g	3.95	GV
	QUORN			
XL069	Bacon Style Strips	150g	4.50	
XL056	Chicken Style Pieces	300g	3.60	
XL062	Family Roast (Chicken Style)	454g	5.90	
XL060	Garlic & Herb Fillets	200g	3.80	
XL058	Quorn Mince	300g	3.60	S
XL066	Swedish Style Balls	300g	3.60	

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XL210	Vegan Pieces	280g	3.25	V
	STRONG ROOTS			
XL212	Crispy Vegetable Nuggets	300g	4.10	V
XL214	Kale & Quinoa Burger	300g	4.10	V
XL213	Pumpkin & Spinach Burgers	300g	4.10	GV
XL218	Spinach Bites	308g	4.10	GV
	THIS			
XL284	Plant Based Chicken Nuggets	250g	3.60	V
XL339	Plant Based Chicken Pieces	250g	3.60	V
XL290	Plant Based Pork Sausages	270g	3.50	V
XL289	Southern Chicken Tenders	240g	3.50	V
	PASTRY (FROZEN)			
	DORSET PASTRY			
	Pure Butter Handmade Pastry			
XL124	Puff Pastry	325g	5.50	
XL264	Shortcrust Pastry	325g	4.50	
	ST JAMES			
XL106	Filo Pastry	400g	1.95	V
	READY MEALS (FROZEN)			
	CLIVE'S			
	Gluten Free Pies			
XL030	Chickpea Tagine Pie	235g	4.10	GOSV
XL028	French Cassoulet Pie	235g	4.10	GOSV
XL114	Mushroom & Leek Pie	235g	4.10	GOV
	Nut Roasts			
XL338	Organic Nut Roast	280g	6.40	GOSV
	Pies & Pastries			
XL308	Saag Aloo GF Pie	235g	4.10	GOV
XL020	Saag Aloo Wholemeal Pie	235g	3.95	OSV
	Puff Pastry Pies			
XL200	Beefy Ale Puff Pie	235g	4.10	OV
XL201	Chickeny Puff Pie	235g	4.10	OV
XL024	Chickpea Coronation Puff Pie	235g	4.10	OV
XL022	Creamy Mushroom Puff Pie	235g	4.10	OV
XL014	Saag Aloo Puff Pie	235g	4.10	OV
	Quiches			
XL157	Broccoli & Green Pesto Quiche	165g	3.25	OV
XL152	Cauliflower Quiche	165g	3.25	OV
	Tarts			
XL323	Bombay Curry Tart	195g	4.00	GOSV
XL336	Tomato and Olive Tart	195g	4.00	GOSV
	Wholemeal Pies			
XL105	Creamy Cauliflower Pie	235g	3.95	OV
XL025	Mushroom Pie	235g	3.95	OSV
	FRYS			
XL234	Sausage Rolls	400g	3.90	V
	GOODLIFE			
XL265	Falafel	280g	3.45	GV
XL253	Mushroom & Spinach Kiev	250g	4.75	
	JAM 'N' VEGAN			
XL352	Butter Chick Curry	390g	6.40	SV
XL349	Chettinad Coconut Masala	340g	6.40	SV
XL350	Indian Dhal Coconut Sambol	345g	6.40	SV
XL348	Indo-Chinese Chick Curry	320g	6.40	SV
XL344	Jamaican Jackfruit	400g	6.40	SV
XL351	Mac N Cheeze	365g	6.40	V
XL353	Mughlai Garlic Curry	390g	6.40	SV
XL354	Tuk Tuk Tikka Tofu Paneer	320g	6.40	V

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LINDA MCCARTNEY				
XL131	Deep Dish Country Pies	380g	2.90	V
NATURLI'				
XL312	Falafel	325g	4.95	GV
XL045	Pizza Capriciosa	350g	4.50	SV
XL040	Pizza Mexicana	350g	4.50	SV
XL307	Tex Mex Pizza	190g	2.70	V
XL309	Vesuvio Pizza	190g	2.70	V
ONE PLANET PIZZA				
XL305	Hawaiian Vegan Pizza	329g	5.25	V
XL303	Margherita Pizza	301g	5.25	V
XL186	Peppernomi Pizza	311g	5.25	V
XL280	Tex Mex Pizza	361g	5.25	V
ROOT KITCHEN				
	Plant Based Ready Meals			
XL321	Butternut Squash Lasagne	400g	4.50	SV
XL313	Moussaka	400g	4.50	SV
XL319	Thai Red Curry	400g	4.50	GV
XL314	Tikka Massala with Rice	400g	4.50	SV
XL329	Vegetable Jalfrezi	400g	4.50	SV
XL322	Vegetable Shepherds Pie	400g	4.50	SV
STRONG ROOTS				
XL288	Creamy Mac	350g	4.50	V
XL293	Mediterranean Orzo Bake	350g	4.50	V
XL301	Thai Green Vegetable Curry	350g	4.50	GV
XL287	Veggie Masala	350g	4.50	GV
XL294	White Bean and Lentil Stew	350g	4.50	GV
YUTAKA				
XL039	Bao Buns	300g	4.95	SV
XL343	Vegetable Gyoza Dumplings	240g	3.50	SV
SAUSAGES & BURGERS (FROZEN)				
FRYS				
XL011	Chicken Style Burgers	320g	3.95	V
XL008	Chicken Style Nuggets	380g	4.15	V
XL009	Hot Dogs	360g	4.20	V
XL360	Rice Protein & Quinoa Burgers	320g	4.50	GV
XL004	Traditional Burgers	320g	3.95	V
XL003	Traditional Sausages	380g	4.35	V
GOODLIFE				
XL140	Spicy Bean Burgers	454g	4.65	SV
LINDA MCCARTNEY				
XL051	Lincolnshire Sausages	300g	3.10	V
XL130	Sausages	270g	2.60	V
XL254	Vegetarian Quarter Pounder	227g	2.75	V
NATURLI'				
XL078	Vegan Burger	320g	4.45	GV
XL086	Vegan Sausages	300g	4.65	GV
OUMPH!				
XL012	Burgers (2 pack)	226g	4.49	V
QUORN				
XL055	Sausages in a bag	336g	3.25	S
XL211	Vegan Spicy Burgers	264g	3.40	V
VEGETABLES (FROZEN)				
BIO INSIDE				
XL278	Organic Asia Vegetable Mix	400g	2.95	OV
XL261	Organic Baby Carrots	300g	2.90	OV
XL155	Organic Garden peas	300g	2.20	GOV
XL270	Organic Mushrooms	300g	2.45	OV

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XL153	Organic Sweetcorn	300g	2.50	GOV
	NATURAL COOL			
XL183	Broccoli	300g	3.45	GOVB
XL221	Chips - Oven or Fry	600g	4.50	BGOV
XL176	Cut Green Beans	450g	2.99	OVB
XL177	Leaf Spinach Portions	450g	3.50	OVB
XL178	Peas	450g	4.50	GOV
XL098	Potato Wedges	450g	3.65	BGOV
XL181	Sweetcorn	450g	4.10	GOV
XL134	Vegetable Mix	450g	3.30	BGOV
	PACK'D			
XL195	Organic Cauliflower Rice	450g	3.15	OV
XL189	Organic Loose Leaf Spinach	450g	3.15	OV
XL228	Organic Petit Pois	450g	3.15	OV
XL239	Organic Super Sweet Sweetcorn	450g	3.15	OV
XL203	Organic Sweet Potato Chunks	450g	3.15	OV
	STRONG ROOTS			
XL164	Cauliflower Hash Browns	375g	4.10	V
XL165	Mixed Root Vegetable Fries	500g	4.10	GV
XL166	Proper Potato Chips	750g	4.10	GV
XL162	Sweet Potato Fries	500g	4.10	GV
	YUTAKA			
XL047	Shelled Edamame Beans	500g	2.70	V

Suma

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Lacy Way, Lowfields Business Park, HX5 9DB

Email: sales@suma.coop

Sales: +44 (0)1422 313848

Shop online: www.suma.coop/wholesale