

# Frozen List Suma

May June 2018



# 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 // 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
<b>DAIRY DESSERTS (FROZEN)</b>				
<b>ALDER TREE</b>				
XL126	Damson Ice Cream	500ml	5.39	S
XL144	Ginger & Rhubarb Ice Cream	500ml	5.39	S
XL143	Gooseberry & Elderflower	500ml	5.39	S
XL146	Vanilla Ice Cream	500ml	5.39	S
<b>LITTLE MOONS</b>				
XL309	Coconut Mochi Ice Cream	192g	5.49	GS
XL310	Green Tea Mochi Ice Cream	192g	5.49	GS
XL311	Mango Mochi Ice Cream	192g	5.49	GS
XL312	Raspberry Mochi Ice Cream	192g	5.49	GS
XL313	Toasted Sesame Mochi Ice Cream	192g	5.49	GS
XL314	Vanilla Mochi Ice Cream	192g	5.49	GS
<b>NORTHERN BLOC</b>				
	Indulgent Natural Ice Cream			
XL071	Black Treacle Ice Cream	500ml	4.99	S
XL015	Chocolate & Sea Salt	500ml	4.99	S
XL101	Ginger & Caramel	500ml	4.99	S
<b>ROSKILLYS</b>				
XL174	OG Caramel Crunch Ice Cream	120ml	1.70	OS
XL219	OG Caramel Crunch Ice Cream	500ml	4.70	OS
XL171	OG Chocolate Ice Cream	120ml	1.70	OS
XL325	OG Chocolate Ice Cream	500ml	4.70	OS
XL170	OG Clotted Cream Vanilla Ice	120ml	1.70	OS
XL173	OG Mint Choc Chip Ice Cream	120ml	1.70	OS
XL326	OG Mint Choc Chip Ice Cream	500ml	4.70	OS
XL172	OG Strawberry Ice Cream	120ml	1.70	OS
XL327	OG Strawberry Ice Cream	500ml	4.70	OS
XL220	OG Vanilla Ice Cream	500ml	4.20	OS
<b>YEO VALLEY</b>				
XL249	Double Chocolate Ice Cream	100ml	1.69	OS
XL250	Double Chocolate Ice Cream	500ml	4.19	OS
XL247	Sea Salted Caramel Ice Cream	100ml	1.69	OS
XL248	Sea Salted Caramel Ice Cream	500ml	4.19	OS
XL291	Strawberry & Cream Ice Cream	100ml	1.69	OS
XL295	Strawberry & Cream Ice Cream	500ml	4.19	OS
XL245	Vanilla Ice Cream	100ml	1.69	OS
XL246	Vanilla Ice Cream	500ml	4.19	OS
<b>FRUIT (FROZEN)</b>				
<b>NATURAL COOL</b>				
XL142	Organic Berry Mix	300g	3.49	OVB
XL145	Organic Blueberries	300g	3.49	OVB
XL179	Organic Raspberries	300g	3.49	OV
XL182	Organic Sour Cherries	300g	3.49	OV
XL180	Organic Strawberries	300g	3.49	OV
XL148	Organic Tropical Mix	300g	3.65	OVB
<b>WINDMILL HILL</b>				
XL280	British Blackberries	330g	2.89	V
XL281	British Blackcurrants	400g	2.55	V
XL282	British Organic Blackcurrants	400g	2.89	OV
XL279	British Raspberries	250g	2.55	V
XL283	British Summer Fruits	330g	2.89	V
<b>MEAT FREE ALTERNATIVES (FROZEN)</b>				
<b>FRYS</b>				
XL074	Beef Style Chunky Strips	380g	3.59	V
XL010	Chicken Style Strips	380g	3.59	V
XL196	Crispy Prawns	250g	3.99	V
XL228	Soy & Quinoa Country Roast	500g	5.99	V



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XL075	Vegetarian Mince	380g	3.59	V
<b>GOODLIFE</b>				
XL253	Mushroom & Spinach Kiev	250g	3.15	
<b>IMPULSE FOODS</b>				
XL109	Organic Garlic & Herb Tempeh	227g	2.89	OV
XL107	Organic Tempeh	227g	2.85	OV
<b>LINDA MCCARTNEY</b>				
XL301	Scampi Style Bites	250g	2.95	V
XL308	Vegemince	1kg	7.19	SV
XL320	Vegetarian Pulled Chicken	300g	3.49	V
<b>OUMPH!</b>				
XL315	Kebab	280g	4.99	V
XL316	Pulled Pork Style	280g	4.99	V
XL317	The Chunk	280g	4.99	V
XL318	Thyme & Garlic	280g	4.99	V
<b>QUORN</b>				
XL069	Bacon Style Strips	150g	2.89	
XL056	Chicken Style Pieces	300g	2.99	
XL062	Family Roast (Chicken Style)	454g	4.55	
XL060	Garlic & Herb Fillets	200g	2.99	
XL058	Quorn Mince	300g	2.99	
XL066	Swedish Style Balls	300g	3.15	
XL210	Vegan Pieces	280g	2.99	V
<b>NON-DAIRY DESSERTS (FROZEN)</b>				
<b>BOOJA BOOJA</b>				
XL258	Alternative to Dairy Ice Cream	110ml	2.05	OV
XL263	Caramel Pecan Praline Ice Cream	500ml	6.19	OSV
XL259	Choc Salted Caramel Ice Cream	500ml	6.19	OV
XL307	Coconut Hullabaloo	110ml	2.05	OV
XL255	Hazel, Choc & Truffle Ice Cream	500ml	6.19	OV
XL031	Hunky Punky Chocolate	110ml	2.05	OV
XL033	Hunky Punky Chocolate	500ml	6.19	OV
XL038	Keep Smiling Vanilla M'Gorilla	500ml	6.19	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ml	2.05	OV
XL256	Raspberry Ripple Ice Cream	110ml	2.05	OV
XL257	Raspberry Ripple Ice Cream	500ml	6.19	OV
XL036	Rollercoaster Ginger	500ml	6.19	OV
<b>COYO</b>				
XL086	Coconut Milk Ice-Cream			
XL052	Coyo Date & Tamarind Ice-Cream	500ml	6.99	V
XL088	Coyo Natural Cocount Ice-Cream	500ml	6.99	V
XL088	Coyo Raw Chocolate Ice-Cream	500ml	6.99	V
XL053	Coyo Vanilla Nutmeg Ice-Cream	500ml	6.99	V
<b>FOOD HEAVEN</b>				
XL070	Dairy-Free Desserts			
	Sicilian Lemon Cheesecake	375g	3.39	SV
	Dairy-Free Ice Cream			
XL401	Chocolate Ice Cream	900ml	4.19	SV
XL400	Cool Vanilla Ice Cream	900ml	4.19	SV
XL399	Juicy Raspberry Ice Cream	900ml	4.19	SV
XL328	No Worries Strawb. Ice Cream	500ml	3.99	GV
XL294	Raspberry & Mango Ice Cream	900ml	4.19	GV
XL398	Wild Blueberry Ice Cream	900ml	4.19	SV
	Lollies			
XL239	Little Cherubs Swirl Lollies	4 x 80ml	3.19	GV
XL330	Lolly Tots Assorted Lollies	8 x 35ml	3.19	GV
<b>JOLLYUM</b>				
	Organic Soya Ice-Cream			

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XL091	Double Chocolate Ice Cream	125ml	1.89	OV
XL095	Double Chocolate Ice Cream	500ml	5.79	OV
XL099	Maple & Pecan Ice Cream	500ml	5.79	OV
XL092	Maple and Pecan Ice Cream	125ml	1.89	OV
XL093	Passion Fruit & Choc Ice Cream	125ml	1.89	OV
XL103	Passion Fruit & Choc Ice Cream	500ml	5.79	OV
XL094	Summer Strawberry Ice Cream	125ml	1.89	OV
XL110	Summer Strawberry Ice Cream	500ml	5.79	OV
<b>MIIRO</b>				
XL267	Chocolate & Hazelnut Lollies	70ml	2.49	V
XL269	Salted Caramel Lollies	70ml	2.49	V
XL268	Vanilla Peanut Butter Lollies	70ml	2.49	V
<b>NORTHERN BLOC</b>				
	Indulgent Vegan Ice Cream			
XL118	Chocolate & Orange Blossom	500ml	5.49	SV
XL063	Grapefruit & Bergamot	500ml	4.99	SV
XL195	Hazelnut & Rose	500ml	5.49	SV
XL232	Peanut & Chocolate	500ml	5.49	SV
XL160	Strawberry & Yuzu	500ml	5.49	SV
<b>PIP ORGANIC</b>				
XL205	Apple Fruit Squeezer	105ml	1.15	OV
XL217	Berry Fruit Squeezer	105ml	1.15	OV
XL252	Tropical Fruit Squeezer	105ml	1.15	OV
<b>REAL FRUIT FRENZY</b>				
	Push-up Ice Lollies			
XL224	Apple and Raspberry	105ml	1.29	V
XL223	Blackcurrant	105ml	1.29	V
XL222	Orange	105ml	1.29	V
<b>SWEDISH GLACE</b>				
XL017	Juicy Raspberry	750ml	3.95	SV
XL018	Rich Chocolate	750ml	3.95	SV
XL016	Smooth Vanilla Ice Cream	750ml	3.95	VS
<b>PASTRY (FROZEN)</b>				
<b>CLIVE'S</b>				
	Pies & Pastries			
XL045	Wholemeal Pastry	300g	2.35	OV
<b>DORSET PASTRY</b>				
	Pure Butter Handmade Pastry			
XL124	Organic Puff Pastry	325g	5.89	O
XL264	Organic Shortcrust Pastry	325g	4.60	O
<b>ST JAMES</b>				
XL106	Filo Pastry	400g	1.55	V
<b>READY MEALS (FROZEN)</b>				
<b>AMY'S KITCHEN</b>				
XL270	Bean & Rice Burrito	170g	1.99	V
XL288	Black Bean Enchilada	269g	3.25	GV
XL435	Broccoli and Cheddar Bake	270g	4.15	GS
XL287	Cheese Enchilada	255g	3.25	G
XL271	Cheese, Bean & Rice Burrito	170g	1.99	
XL272	Free From Bean & Rice Burrito	156g	2.19	GV
XL273	Free From Macaroni Cheese	255g	3.19	GV
XL261	G/F 3 Cheese & Kale Bake	255g	4.39	G
XL364	Gluten Free Bean&Rice Burrito	156g	2.19	GS
XL262	Gluten Free Chilli Mac	240g	3.75	G
XL275	Gluten Free Vegetable Lasagne	255g	3.15	G
XL437	Gluten-Free Cheese Pizza	170g	5.59	GS
XL191	Gluten-Free Chinese Noodles	270g	4.15	GV
XL438	Gluten-Free Manhattan Burger	270g	4.55	GV

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XL436	Gluten-free Vegan Veg Lasagne	255g	3.69	GV
XL276	Indian Mattar Paneer	238g	3.59	G
XL285	Indian Vegetable Korma	269g	3.59	G
XL286	Macaroni Cheese	225g	2.89	
XL188	Margherita Pizza	369g	5.89	
XL274	Rice Macaroni Cheese	255g	2.99	G
XL189	Spinach Pizza	397g	5.89	
XL434	Thai Red Curry	285g	3.99	GSV
XL293	Vegetable Lasagne	269g	3.19	
	<b>CLIVE'S</b>			
XL338	Organic Nut Roast Pies & Pastries	280g	5.25	GOSV
XL019	Arabian Chickpea Pie	250g	2.89	OSV
XL021	Chestnut & Bean Cassoulet Pie	250g	2.89	OV
XL025	Creamy Mushroom Pie	250g	2.89	OSV
XL032	G/Free Vegetable Chilli Pie	250g	2.99	GOSV
XL028	Gltn Free French Cassoulet Pie	250g	2.99	GOSV
XL026	Gluten Free Aloo Gobi Pie	250g	2.99	GOSV
XL029	Gluten Free Lentil & Olive Pie	250g	2.99	GOSV
XL030	Gluten Free Minty Chickpea Pie	250g	2.99	GOSV
XL023	Greek Lentil & Olive Pie	250g	2.89	OSV
XL022	Hungarian Goulash Pie	250g	2.89	OSV
XL024	Mexican Chilli Pie	250g	2.89	OSV
XL114	Org G/F Mushroom & Leek Pie	235g	2.99	GOV
XL135	Organic G/F Homity Pie	235g	2.99	GO
XL020	Saag Aloo Curry Pie	250g	2.89	OSV
XL040	Soysage Roll	120g	1.45	OSV
XL039	Vegetable Chilli Pasty Pots of...	190g	2.45	OSV
XL042	Moroccan Tagine	400g	3.69	OV
XL041	Thai Veggie Curry Tarts	400g	3.69	OSV
XL323	Bombay Vegetable Tart	190g	3.49	GOSV
XL324	Lentil & Kale Ragout Tart	190g	3.49	GOSV
XL337	Pea, Carrot and Cumin Tart	190g	3.49	GOSV
XL336	Tomato and Olive Tart	190g	3.49	GOSV
	<b>FRYS</b>			
XL297	Country Mushroom Pies	350g	3.65	V
XL390	Curry Pies	350g	3.65	V
XL296	Pepper Steak Style Pies	350g	3.65	V
XL234	Sausage Rolls	400g	3.45	V
	<b>GOODLIFE</b>			
XL265	14 Falafel with Cumin	280g	2.09	V
	<b>LINDA MCCARTNEY</b>			
XL230	Cheese, Leek and Onion Plaits	340g	2.15	
XL131	Deep Dish Country Pies	2 x 190g	2.45	V
XL133	Meat Free Sausage Rolls	342g	1.59	V
XL321	Vegetarian Wellington Bites	340g	2.59	V
	<b>MAMMA CUCINA</b>			
XL213	Vegetable Quiche Dairy Free	2 x 150g	2.79	SV
	<b>ONE PLANET PIZZA</b>			
XL304	Handmade Vegan Pizza			
XL305	Fungi Feast Pizza	455g	5.49	V
XL306	Hawaiian Pizza	458g	5.49	V
XL306	Mediterranean Vegetable Pizza	486g	5.49	V
XL303	Three Sheese Margherita Pizza	430g	5.49	V
	<b>SAMOSACO</b>			
XL334	Large Vegetable Samosas	1	0.99	V
	<b>VBITES</b>			

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XL376	Cheezy & Tomato Pizza	160g	2.79	SV
XL377	Cheezy Ham & Pineapple Pizza	205g	2.99	SV
XL378	Cheezy Meatless Feast Pizza	207g	3.19	SV
XL235	Peri Peri Burgers	440g	3.99	SV
XL237	Scampi Style Bites	350g	3.99	SV
XL238	Vegetable Bake Fingers	400g	2.99	SV
	<b>WICKEN FEN</b>			
XL382	Falafel	230g	2.39	V
	<b>YUTAKA</b>			
XL344	Quinoa Gyoza Dumplings	240g	2.99	SV
XL343	Vegetable Gyoza Dumplings	240g	2.99	SV
	<b>SAUSAGES &amp; BURGERS (FROZEN)</b>			
	<b>AMY'S KITCHEN</b>			
XL278	All American Veggie Burger	284g	3.99	V
	<b>FRYS</b>			
XL073	Braai Sausages	380g	3.85	V
XL011	Chicken Style Burgers	320g	3.59	V
XL008	Chicken Style Nuggets	380g	3.65	V
XL006	Golden Crumbled Schnitzel	320g	3.15	V
XL009	Hot Dogs	360g	3.65	V
XL007	Polony	500g	4.05	V
XL215	Quinoa Falafel Burgers	260g	3.59	V
XL216	Rice Protein & Chia Nuggets	240g	3.59	V
XL227	Soy and Flaxseed Schnitzels	320g	3.59	V
XL005	Spiced Burgers	320g	3.59	V
XL004	Traditional Burgers	320g	3.59	V
XL003	Traditional Sausages	380g	3.85	V
	<b>GOODLIFE</b>			
XL137	Cauliflower & Cheddar Sausages	250g	3.19	S
XL138	Green Bean & Spinach Sausages	250g	3.19	S
XL229	Leek & Caerphilly Sausages	250g	3.19	
XL141	Parsnip & Carrot Nut Burgers	250g	3.19	SV
XL140	Spicy Bean Burgers	454g	3.09	S
XL139	Tomato & Basil Sausages	250g	3.19	S
	<b>LINDA MCCARTNEY</b>			
XL129	Burgers (4 pack)	200g	1.45	V
XL322	Chorizo Style Cocktail Sausage	320g	2.69	V
XL300	Pulled Pork Style Burgers	227g	2.59	SV
XL130	Sausages	300g	2.29	V
XL302	Vegetarian Chorizo Sausages	300g	2.79	V
XL319	Vegetarian Cocktail Sausages	320g	2.39	V
XL254	Vegetarian Quarter Pounder	227g	2.49	V
	<b>QUORN</b>			
XL203	Gluten Free Sausages	300g	2.99	G
XL055	Sausages in a bag	336g	2.65	
XL211	Vegan Burgers	264g	2.99	V
	<b>VEGETARIANS CHOICE</b>			
XL241	Lincolnshire Style Sausages	300g	1.76	V
XL175	Meat Free Burgers	200g	0.99	V
XL202	Meat Free Sausages	200g	0.99	V
	<b>WICKEN FEN</b>			
XL381	Carrot & Coriander Sausages	280g	2.86	GV
XL384	Mushroom & Tarragon Sausages	280g	2.69	V
XL379	Spinach Leek & Cheese Sausages	280g	2.69	
XL380	Tomato & Garlic Sausages	280g	2.69	V
	<b>VEGETABLES (FROZEN)</b>			
	<b>BIO INSIDE</b>			
XL155	Organic Garden peas	300g	1.45	OVB

<b>code</b>	<b>product</b>	<b>size</b>	<b>rrp</b>	<b>bfgosv</b>
XL153	Organic Sweetcorn <b>NATURAL COOL</b> Vegetables	300g	1.89	OVb
XL183	Broccoli	300g	2.19	OVb
XL156	Chips - Oven or Fry	1.25kg	4.55	OVb
XL221	Chips - Oven or Fry	600g	2.19	OV
XL176	Cut Green Beans	450g	2.05	OVb
XL177	Leaf Spinach Portions	450g	2.05	OVb
XL178	Peas	450g	2.65	OV
XL181	Sweetcorn	450g	2.79	OVb
XL134	Vegetable Mix	450g	2.35	OVb
	<b>YUTAKA</b>			
XL047	Shelled Edamame Beans	500g	2.20	V



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