

# Suma

CO-OPERATIVE SINCE 1977

**FROZEN**

NOVEMBER DECEMBER 2019

# FROZEN

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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
<b>DESSERTS, DAIRY (FROZEN)</b>				
<b>ROSKILLYS</b>				
XL219	OG Caramel Crunch Ice Cream	500ml	4.70	OS
XL174	OG Caramel Crunch Ice Cream	120ml	1.70	OS
XL325	OG Chocolate Ice Cream	500ml	4.70	OS
XL171	OG Chocolate Ice Cream	120ml	1.70	OS
XL170	OG Clotted Cream Vanilla Ice	120ml	1.70	OS
XL326	OG Mint Choc Chip Ice Cream	500ml	4.70	OS
XL173	OG Mint Choc Chip Ice Cream	120ml	1.70	OS
XL327	OG Strawberry Ice Cream	500ml	4.70	OS
XL172	OG Strawberry Ice Cream	120ml	1.70	OS
XL220	OG Vanilla Ice Cream	500ml	4.20	OS
<b>YEO VALLEY</b>				
XL347	Mint Chocolate Chip Ice Cream	500ml	4.19	OS
XL248	Sea Salted Caramel Ice Cream	500ml	4.19	OS
XL246	Vanilla Ice Cream	500ml	4.19	OS
<b>DESSERTS, NON-DAIRY (FROZEN)</b>				
<b>ALPRO</b>				
XL013	Chocolate Hazelnut Ice Cream	500ml	4.79	SV
XL014	Salted Caramel Ice Cream	500ml	4.79	SV
<b>BOOJA BOOJA</b>				
<i>Alternative to Dairy Ice Cream</i>				
XL258	Caramel Pecan Praline Ice Cream	110ml	2.05	OV
XL263	Caramel Pecan Praline Ice Cream	500ml	5.69	OSV
XL259	Choc Salted Caramel Ice Cream	500ml	5.69	OV
XL048	Choc Salted Caramel Ice Cream	110ml	2.05	OV
XL332	Hazel Choc & Truffle Ice Cream	110ml	2.05	OV
XL255	Hazel Choc & Truffle Ice Cream	500ml	5.69	OV
XL033	Hunky Punky Chocolate	500ml	5.69	OV
XL031	Hunky Punky Chocolate	110ml	2.05	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ml	2.05	OV
XL038	Keep Smiling Vanilla M'Gorilla	500ml	5.69	OV
XL257	Raspberry Ripple Ice Cream	500ml	5.69	OV
XL256	Raspberry Ripple Ice Cream	110ml	2.05	OV
<b>FOOD HEAVEN</b>				
<i>Dairy-Free Desserts</i>				
XL070	Sicilian Lemon Cheesecake	375g	3.59	SV
<i>Dairy-Free Ice Cream</i>				
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
<i>Lollies</i>				
XL239	Little Cherubs Swirl Lollies	4 x 80ml	3.19	GV
XL330	Lolly Tots Assorted Lollies	8 x 35ml	3.19	GV
<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>NATURLI</b>				
XL043	Cocoa Orange Ice Cream	500ml	4.59	SV
XL034	Hazelnut Ice Cream	500ml	4.59	SV
XL046	Liquorice Sweet Bite Ice Cream	500ml	4.59	SV
XL037	Raspberry Ice Cream	500ml	4.59	SV
XL027	Salted Caramel Ice Cream	500ml	4.59	SV

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XL044	Strawberry Swirl Ice Cream	500ml	4.59	GSV
	<b>NORTHERN BLOC</b>			
	<i>Indulgent Vegan Ice Cream</i>			
XL367	Chocolate & Orange Blossom	100ml	1.55	SV
XL118	Chocolate & Orange Blossom	500ml	5.49	SV
XL195	Hazelnut & Rose	500ml	5.49	SV
XL232	Peanut & Chocolate	500ml	5.49	SV
XL368	Peanut Chip	100ml	1.55	SV
XL160	Strawberry & Yuzu	500ml	5.49	SV
	<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>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	3.85	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
XL282	British Organic Blackcurrants	400g	2.89	OV
XL279	British Raspberries	300g	2.89	V
XL283	British Summer Fruits	330g	2.89	V
	<b>MEAT FREE ALTERNATIVES(FROZEN)</b>			
	<b>FRYS</b>			
XL074	Beef Style Chunky Strips	380g	3.79	V
XL010	Chicken Style Strips	380g	3.79	V
XL372	Chickpea & Butternut Balls	240g	4.49	GV
XL196	Crispy Prawns	250g	4.25	V
XL006	Golden Crumbed Schnitzel	320g	3.39	V
XL216	Rice Protein & Chia Nuggets	240g	3.79	V
XL360	Rice Protein & Quinoa Burgers	320g	4.29	GV
XL228	Soy & Quinoa Country Roast	500g	6.89	V
XL227	Soy and Flaxseed Schnitzels	320g	3.85	V
XL075	Vegetarian Mince	380g	3.79	V
	<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
XL333	Shredded Hoisin Duck	300g	3.49	V
XL308	Vegetemince	1kg	7.19	SV
XL050	Vegetarian Fish Goujons	252g	2.69	V
XL320	Vegetarian Pulled Chicken	300g	3.49	V
XL049	Vegetarian Pulled Pork	300g	3.49	SV
	<b>OUMPH!</b>			
XL012	Burgers (2 pack)	226g	4.49	V
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	2.79	
XL056	Chicken Style Pieces	300g	3.19	
XL062	Family Roast (Chicken Style)	454g	4.75	

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XL060	Garlic & Herb Fillets	200g	3.09	
XL058	Quorn Mince	300g	3.19	
XL210	Vegan Pieces	280g	3.19	V
<b>PASTRY (FROZEN)</b>				
<b>DORSET PASTRY</b>				
<i>Pure Butter Handmade Pastry</i>				
XL124	Organic Puff Pastry	325g	6.59	O
XL264	Organic Shortcrust Pastry	325g	5.25	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
XL356	Breakfast Scramble	255g	4.15	FGV
XL355	Breakfast Tofu Wrap	155g	2.49	FGV
XL435	Broccoli and Cheddar Bake	270g	4.15	GS
XL287	Cheese Enchilada	255g	3.25	G
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
XL275	Gluten Free Vegetable Lasagne	255g	3.15	G
XL191	Gluten-Free Chinese Noodles	270g	4.15	GV
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	GV
XL286	Macaroni Cheese	225g	2.89	
XL188	Margherita Pizza	369g	5.89	
XL354	Pad Thai	269g	4.15	GSV
XL274	Rice Macaroni Cheese	255g	2.99	G
XL189	Spinach Pizza	397g	5.89	
XL293	Vegetable Lasagne	269g	3.19	
<b>CLIVE'S</b>				
XL338	Organic Nut Roast	280g	5.25	GOSV
<i>Pies &amp; Pastries</i>				
XL019	Arabian Chickpea Pie	250g	2.89	OSV
XL021	Chestnut & Bean Cassoulet Pie	250g	2.89	OV
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
XL025	Mushroom 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
<i>Tarts</i>				
XL324	Lentil & Kale Ragout Tart	195g	3.49	GOSV
XL337	Pea and Potato Rosti Tart	195g	3.49	GOSV
XL336	Tomato and Olive Tart	195g	3.49	GOSV
<b>FRYS</b>				
XL297	Country Mushroom Pies	350g	3.89	V
XL390	Curry Pies	350g	3.89	V
XL296	Pepper Steak Style Pies	350g	3.89	V

code	product	size	rrp	bfgosv
XL234	Sausage Rolls	400g	3.69	V
	<b>GOODLIFE</b>			
XL265	Falafel	280g	2.29	GV
XL253	Mushroom & Spinach Kiev	250g	3.15	
XL365	Veggie Balls	270g	2.29	SV
	<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
	<b>ONE PLANET PIZZA</b>			
	<i>Handmade Vegan Pizza</i>			
XL304	Fungi Feast Pizza	455g	5.49	V
XL305	Hawaiian Pizza	458g	5.49	V
XL306	Mediterranean Vegetable Pizza	486g	5.49	V
XL303	Three Cheezly Margherita Pizza	430g	5.49	V
	<b>OUMPH!</b>			
XL357	Italian Style Pizza	400g	4.89	SV
	<b>WICKEN FEN</b>			
XL382	Falafel	230g	2.39	V
	<b>YUTAKA</b>			
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	4.09	V
XL011	Chicken Style Burgers	320g	3.75	V
XL008	Chicken Style Nuggets	380g	3.95	V
XL009	Hot Dogs	360g	3.99	V
XL007	Polony	500g	4.35	V
XL215	Quinoa Falafel Burgers	260g	3.79	V
XL005	Spiced Burgers	320g	3.75	V
XL004	Traditional Burgers	320g	3.75	V
XL003	Traditional Sausages	380g	4.15	V
	<b>GOODLIFE</b>			
XL362	Houmous Burgers	240g	3.05	S
XL057	Katsu Burgers	215g	3.09	V
XL059	Mighty Non Meaty Sausage	252g	3.09	V
XL141	Parsnip & Carrot Nut Burgers	320g	3.05	V
XL363	Smokey Bean Sausages	252g	3.09	FSV
XL140	Spicy Bean Burgers	454g	3.09	S
	<b>LINDA MCCARTNEY</b>			
XL129	Burgers (4 pack)	200g	1.45	V
XL051	Lincolnshire Sausages	300g	2.69	V
XL335	Mushroom & Spinach Burger	2 x 110g	2.25	V
XL300	Pulled Pork Style Burgers	227g	2.59	SV
XL345	Red Onion & Rosemary Sausages	300g	2.35	V
XL130	Sausages	300g	2.29	V
XL254	Vegetarian Quarter Pounder	227g	2.49	V
	<b>QUORN</b>			
XL203	Gluten Free Sausages	300g	3.19	G
XL055	Sausages in a bag	336g	2.65	
XL211	Vegan Burgers	264g	3.19	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

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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
XL153	Organic Sweetcorn	300g	1.89	OVB
<b>NATURAL COOL</b>				
<i>Vegetables</i>				
XL183	Broccoli	300g	2.19	OVB
XL221	Chips - Oven or Fry	600g	2.39	OV
XL176	Cut Green Beans	450g	2.05	OV
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

# Suma

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