

Summa

CO-OPERATIVE SINCE 1977

FROZEN

JANUARY - FEBRUARY 2020

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)				
ROSKILLYS				
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 With Clotted Cream	500ml	4.20	OS
YEO VALLEY				
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
DESSERTS, NON-DAIRY (FROZEN)				
ALPRO				
XL013	Chocolate Hazelnut Ice Cream	500ml	4.79	SV
XL014	Salted Caramel Ice Cream	500ml	4.79	SV
BOOJA BOOJA				
<i>Alternative to Dairy Ice Cream</i>				
XL258	Caramel Pecan Praline Ice Cream Sweetened with Agave	110ml	2.05	OV
XL263	Caramel Pecan Praline Ice Cream	500ml	5.69	OSV
XL259	Choc Salted Caramel Ice Cream Sweetened with Agave	500ml	5.69	OV
XL048	Choc Salted Caramel Ice Cream	110ml	2.05	OV
XL332	Hazel Choc & Truffle Ice Cream Sweetened with Agave	110ml	2.05	OV
XL255	Hazel Choc & Truffle Ice Cream Sweetened with Agave	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 Sweetened with Agave	500ml	5.69	OV
XL256	Raspberry Ripple Ice Cream Sweetened with Agave	110ml	2.05	OV
FOOD HEAVEN				
<i>Dairy-Free Desserts</i>				
XL070	Sicilian Lemon Cheesecake	375g	3.59	SV
<i>Dairy-Free Ice Cream</i>				
XL401	Chocolate Ice Cream	900ml	4.50	SV
XL400	Cool Vanilla Ice Cream	900ml	4.50	SV
XL399	Juicy Raspberry Ice Cream	900ml	4.50	SV
XL294	Raspberry & Mango Ice Cream	900ml	4.50	GV
XL398	Wild Blueberry Ice Cream	900ml	4.50	SV
<i>Lollies</i>				
XL239	Little Cherubs Swirl Lollies Vanilla and Blackcurrant	4 x 80ml	3.19	GV
XL330	Lolly Tots Assorted Lollies	8 x 35ml	3.19	GV
MIIRO				
XL267	Chocolate & Hazelnut Lollies Chocolate Covered Ice Lollies	70ml	2.49	V
XL269	Salted Caramel Lollies Chocolate Covered Lollies	70ml	2.49	V
XL268	Vanilla Peanut Butter Lollies Chocolate Covered Ice Lollies	70ml	2.49	V
NATURLI				
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
XL044	Strawberry Swirl Ice Cream	500ml	4.59	GSV

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	NORTHERN BLOC			
XL068	Pear & Ginger	100ml	1.55	SV
	<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
	SWEDISH GLACE			
XL017	Juicy Raspberry	750ml	3.95	SV
XL018	Rich Chocolate	750ml	3.95	SV
XL016	Smooth Vanilla Ice Cream	750ml	3.95	VS
	FRUIT (FROZEN)			
	NATURAL COOL			
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
	WINDMILL HILL			
XL282	British Organic Blackcurrants	400g	2.89	OV
XL279	British Raspberries	300g	2.89	V
XL283	British Summer Fruits	330g	2.89	V
XL084	British Sweet Eating Selection	330g	2.89	V
	MEAT FREE ALTERNATIVES(FROZEN)			
	FRYS			
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 Crumbled Schnitzel	320g	3.39	V
XL216	Rice Protein & Chia Nuggets	240g	3.79	V
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
	IMPULSE FOODS			
XL109	Organic Garlic & Herb Tempeh	227g	2.89	OV
XL107	Organic Tempeh	227g	2.85	OV
	LINDA MCCARTNEY			
XL301	Scampi Style Bites	250g	2.95	V
XL333	Shredded Hoisin Duck	300g	3.49	V
XL308	Vegemince	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
	OUMPH!			
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
	QUORN			
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
PASTRY (FROZEN)				
DORSET PASTRY				
<i>Pure Butter Handmade Pastry</i>				
XL124	Organic Puff Pastry	Uncooked, ready rolled	325g	6.59 O
XL264	Organic Shortcrust Pastry	Uncooked, ready rolled	325g	5.25 O
ST JAMES				
XL106	Filo Pastry		400g	1.55 V
READY MEALS (FROZEN)				
AMY'S KITCHEN				
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
CLIVE'S				
XL338	Organic Nut Roast		280g	5.45 GOSV
<i>Pies & Pastries</i>				
XL019	Arabian Chickpea Pie		250g	2.99 OSV
XL021	Chestnut & Bean Cassoulet Pie		250g	2.99 OV
XL032	G/Free Vegetable Chilli Pie		250g	3.15 GOSV
XL028	Gltn Free French Cassoulet Pie		250g	3.15 GOSV
XL026	Gluten Free Aloo Gobi Pie		250g	3.15 GOSV
XL029	Gluten Free Lentil & Olive Pie		250g	3.15 GOSV
XL030	Gluten Free Minty Chickpea Pie		250g	3.15 GOSV
XL023	Greek Lentil & Olive Pie		250g	2.99 OSV
XL022	Hungarian Goulash Pie		250g	2.99 OSV
XL024	Mexican Chilli Pie		250g	2.99 OSV
XL025	Mushroom Pie		250g	2.99 OSV
XL114	Org G/F Mushroom & Leek Pie		235g	3.15 GOV
XL135	Organic G/F Homity Pie		235g	3.15 GO
XL020	Saag Aloo Curry Pie		250g	2.99 OSV
<i>Tarts</i>				
XL324	Lentil & Kale Ragout Tart		195g	3.59 GOSV
XL337	Pea and Potato Rosti Tart		195g	3.59 GOSV
XL336	Tomato and Olive Tart		195g	3.59 GOSV
FRYS				
XL297	Country Mushroom Pies		350g	3.89 V
XL390	Curry Pies	Halal & Shuddha Certified	350g	3.89 V
XL296	Pepper Steak Style Pies		350g	3.89 V

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XL234	Sausage Rolls		400g	3.69	V
	GOODLIFE				
XL265	Falafel	with Coriander and Cumin	280g	1.85	GV
XL253	Mushroom & Spinach Kiev	with cheesy garlic filling	250g	3.15	
XL365	Veggie Balls		270g	1.85	SV
	LINDA MCCARTNEY				
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
	ONE PLANET PIZZA				
	<i>Handmade Vegan Pizza</i>				
XL304	Fungi Feast Pizza		455g	5.79	V
XL035	Gluten Free Three Cheese Pizza		404g	5.95	GV
XL305	Hawaiian Pizza		458g	5.79	V
XL306	Mediterranean Vegetable Pizza		486g	5.79	V
XL303	Three Cheezly Margherita Pizza		430g	5.79	V
	OUMPH!				
XL357	Italian Style Pizza		400g	4.89	SV
	SAVEG				
XL089	Goan Then - Goan Curry Pie		230g	3.70	V
XL096	Hoisin Jack - Jackfruit Pie		230g	3.70	V
XL097	Leeky Shroom Pie		230g	3.70	V
XL085	My Thai - Thai Green Curry Pie		230g	3.70	V
	VEGAN POTS 2 GO				
XL079	Cottage Pie		365g	4.75	SV
XL077	Mac 'N' Trees		365g	4.75	SV
XL072	Mushroom Carbonara		365g	4.75	SV
XL083	Sweet 'N' Sour Jackfruit		365g	4.75	SV
XL076	Thai Green Curry		365g	4.75	SV
XL081	Tikka Masala		365g	4.75	SV
	WICKEN FEN				
XL382	Falafel		230g	2.39	V
	YUTAKA				
XL343	Vegetable Gyoza Dumplings		240g	2.99	SV
	SAUSAGES & BURGERS (FROZEN)				
	AMY'S KITCHEN				
XL278	All American Veggie Burger	Kosher	284g	3.99	V
	FRYS				
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	with Cilantro	260g	3.79	V
XL360	Rice Protein & Quinoa Burgers		320g	4.29	GV
XL005	Spiced Burgers		320g	3.75	V
XL004	Traditional Burgers		320g	3.75	V
XL003	Traditional Sausages		380g	4.15	V
	GOODLIFE				
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
	LINDA MCCARTNEY				
XL129	Burgers (4 pack)		200g	1.45	V
XL051	Lincolnshire Sausages		300g	2.69	V

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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
QUORN					
XL203	Gluten Free Sausages		300g	3.19	G
XL055	Sausages in a bag		336g	2.65	
XL211	Vegan Burgers		264g	3.19	V
VEGETARIANS CHOICE					
XL241	Lincolnshire Style Sausages	6 Pack	300g	1.76	V
XL175	Meat Free Burgers	4 Pack	200g	0.99	V
XL202	Meat Free Sausages	5 Pack	200g	0.99	V
WICKEN FEN					
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
VEGETABLES (FROZEN)					
BIO INSIDE					
XL155	Organic Garden peas	In Bags	300g	1.45	OVB
XL153	Organic Sweetcorn	In Bags	300g	1.89	OVB
NATURAL COOL					
<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	Carrots, Beans, Peas, Cauli	450g	2.35	OVB
YUTAKA					
XL047	Shelled Edamame Beans	Green Soya Beans	500g	2.20	V

Suma

CO-OPERATIVE SINCE 1977

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product

size

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