

# Summa

CO-OPERATIVE SINCE 1977

**FROZEN**

MAY - JUNE 2020

# 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>BOOJA-BOOJA</b>                    |                                |          |      |        |
| <i>Alternative to Dairy Ice Cream</i> |                                |          |      |        |
| XL258                                 | Caramel Pecan Praline Ice Crea | 110ml    | 2.05 | OV     |
| XL263                                 | Caramel Pecan Praline Ice Crm  | 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     |
| XL102                                 | Honeycomb Caramel 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     |
| XL104                                 | Mint Chocolate Ice Cream       | 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>            |                                |          |      |        |
| XL401                                 | Chocolate Ice Cream            | 900ml    | 4.50 | SV     |
| XL400                                 | Cool Vanilla Ice Cream         | 900ml    | 4.50 | SV     |
| XL070                                 | Sicilian Lemon Cheesecake      | 375g     | 3.59 | SV     |
| XL015                                 | Strawberry Ripple Ice Cream    | 900ml    | 4.50 | SV     |
| <i>Dairy-Free Ice Cream</i>           |                                |          |      |        |
| 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   | 4 x 80ml | 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     |
| XL044                                 | Strawberry Swirl Ice Cream     | 500ml    | 4.59 | GSV    |

| code                                  | product                        | size    | rrp  | bfgosv |
|---------------------------------------|--------------------------------|---------|------|--------|
| <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     |
| XL232                                 | Peanut & Chocolate             | 500ml   | 5.49 | SV     |
| XL368                                 | Peanut Chip                    | 100ml   | 1.55 | SV     |
| XL068                                 | Pear & Ginger                  | 100ml   | 1.55 | SV     |
| XL160                                 | Strawberry & Yuzu              | 500ml   | 5.49 | SV     |
| <b>PIP ORGANIC</b>                    |                                |         |      |        |
| XL205                                 | Apple Fruit Squeezer           | 105ml   | 1.19 | OV     |
| XL217                                 | Berry Fruit Squeezer           | 105ml   | 1.19 | OV     |
| XL100                                 | Fruity Mix Pack Lollies        | 6 x 40m | 4.69 | OV     |
| XL002                                 | Fruity Rainbow Ice Lollies     | 6 x 40m | 4.69 | OV     |
| XL252                                 | Tropical Fruit Squeezer        | 105ml   | 1.19 | OV     |
| <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>                  |                                |         |      |        |
| 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      |
| <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      |
| 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                                 | 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     |
| <b>NATURLI</b>                        |                                |         |      |        |
| XL065                                 | Schnitzel                      | 300g    | 4.20 | GV     |
| XL071                                 | Vegan Balls                    | 300g    | 3.50 | GV     |
| XL078                                 | Vegan Burger                   | 320g    | 3.90 | GV     |
| XL101                                 | Vegan Mince                    | 325g    | 3.30 | GSV    |
| XL086                                 | Vegan Sausages                 | 300g    | 4.25 | GV     |

| code  | product                            | size | rrp  | bfgosv |
|-------|------------------------------------|------|------|--------|
|       | <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      |
| 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 |        |
| 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 | Puff Pastry                        | 325g | 4.85 | O      |
| XL264 | Shortcrust Pastry                  | 325g | 4.05 |        |
|       | <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 | 5.45 | GOSV   |
|       | <i>Pies &amp; 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 | Gln 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   |
| 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    |
| XL020 | Saag Aloo Curry Pie                | 250g | 2.99 | OSV    |

| code  | product                                | size     | rrp  | bfgosv |
|-------|--|----------|------|--------|
|       | <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   |
|       | <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      |
| 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>NATURLI</b>                         |          |      |        |
| XL045 | Pizza Capriciosa                       | 350g     | 4.10 | SV     |
| XL040 | Pizza Mexicana                         | 350g     | 4.00 | SV     |
|       | <b>ONE PLANET PIZZA</b>                |          |      |        |
|       | <i>Handmade Vegan Pizza</i>            |          |      |        |
| XL304 | Fungi Feast Pizza                      | 455g     | 5.79 | V      |
| XL035 | Gluten Free Three Cheeze 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      |
|       | <b>SAVEG</b>                           |          |      |        |
| 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      |
|       | <b>WICKEN FEN</b>                      |          |      |        |
| XL382 | Falafel                                | 230g     | 2.39 | V      |
|       | <b>YUTAKA</b>                          |          |      |        |
| XL039 | Bao Buns                               | 300g     | 4.95 | S      |
| 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      |
| 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      |
|       | <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      |

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|-------|--------------------------------|--------|------|--------|
|       | <b>LINDA MCCARTNEY</b>         |        |      |        |
| XL129 | Burgers (4 pack)               | 200g   | 1.45 | V      |
| XL051 | Lincolnshire Sausages          | 300g   | 2.69 | V      |
| XL300 | Pulled Pork Style Burgers      | 227g   | 2.59 | SV     |
| XL345 | Red Onion & Rosemary Sausages  | 270g   | 2.35 | V      |
| XL130 | Sausages                       | 270g   | 2.29 | V      |
| XL254 | Vegetarian Quarter Pounder     | 227g   | 2.49 | V      |
|       | <b>QUORN</b>                   |        |      |        |
| XL055 | Sausages in a bag              | 336g   | 2.65 |        |
| XL211 | Vegan Spicy 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     |
| 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   | 2.59 | OVB    |
| XL156 | Chips - Oven or Fry            | 1.25kg | 5.15 | OV     |
| XL176 | Cut Green Beans                | 450g   | 2.05 | OV     |
| XL177 | Leaf Spinach Portions          | 450g   | 2.05 | OVB    |
| XL178 | Peas                           | 450g   | 2.65 | OV     |
| XL098 | Potato Wedges                  | 450g   | 2.59 | OVB    |
| 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

CO-OPERATIVE SINCE 1977

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