

# Summa

CO-OPERATIVE SINCE 1977

**FROZEN**

MAR - APR 2021

# 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	GSV
XL400	Cool Vanilla Ice Cream	900ml	4.50	GSV
XL015	Strawberry Ripple Ice Cream	900ml	4.50	GSV
<b>MIIRO</b>				
XL267	Chocolate & Hazelnut Lollies	70ml	2.49	SV
XL269	Salted Caramel Lollies	70ml	2.49	SV
XL268	Vanilla Peanut Butter Lollies	70ml	2.49	V
<b>NATURLI'</b>				
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
<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

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<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	GOV
XL145	Organic Blueberries	300g	3.49	GOV
XL179	Organic Raspberries	300g	3.85	GOV
XL182	Organic Sour Cherries	300g	3.49	GOV
XL180	Organic Strawberries	300g	3.49	GOV
XL148	Organic Tropical Mix	300g	3.65	GOV
<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	3.20	V
XL372	Chickpea & Butternut Balls	240g	4.49	V
XL196	Crispy Prawns	250g	4.25	V
XL006	Golden Crumbed Schnitzel	320g	3.39	V
XL216	Rice Protein & Chia Nuggets	240g	3.20	V
XL227	Soy and Flaxseed Schnitzels	320g	3.85	V
XL075	Vegetarian Mince	380g	3.79	V
<b>FUTURE FARM</b>				
XL076	Burgers	230g	4.20	GV
XL079	Meatballs	250g	4.20	GV
XL077	Mince	250g	4.20	GV
XL080	Sausages	250g	4.20	GV
<b>IMPULSE FOODS</b>				
XL109	Organic Garlic & Herb Tempeh	227g	2.89	OV
XL107	Organic Tempeh	227g	2.85	OV
<b>LINDA MCCARTNEY</b>				
XL050	Vegetarian Fish Goujons	252g	2.69	V
<b>NATURLI'</b>				
XL065	Schnitzel	300g	4.20	GV
XL071	Vegan Balls	300g	3.50	GV
XL101	Vegan Mince	325g	3.30	GSV
<b>OUMPH!</b>				
XL315	Kebab	280g	4.25	V
XL316	Pulled Pork Style	280g	4.25	V
XL318	Thyme & Garlic	280g	4.25	V
<b>QUORN</b>				
XL069	Bacon Style Strips	150g	3.50	
XL056	Chicken Style Pieces	300g	3.40	
XL062	Family Roast (Chicken Style)	454g	5.50	
XL060	Garlic & Herb Fillets	200g	3.35	
XL058	Quorn Mince	300g	3.40	
XL066	Swedish Style Balls	300g	3.40	
XL210	Vegan Pieces	280g	3.19	V
<b>THE TOFOO COMPANY</b>				
XL072	Original Crispy Chunkies	200g	2.85	OV
<b>THE VEGILANTES</b>				
XL121	Jackfruit Burger Melts	292g	3.50	SV
XL126	Plant Protein BBQ Ribs	240g	3.50	SV

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XL123	Plant Protein Zingers	250g	3.50	SV
XL122	Protein Southern Fried Wings	240g	3.50	SV
XL119	Pulled BBQ Jackfruit Parcels	350g	4.50	SV
XL120	Spiced Indian Bhaji Baskets	350g	4.50	GV
<b>PASTRY (FROZEN)</b>				
<b>DORSET PASTRY</b>				
<i>Pure Butter Handmade Pastry</i>				
XL124	Puff Pastry	325g	4.85	
XL264	Shortcrust Pastry	325g	4.05	
<b>ST JAMES</b>				
XL106	Filo Pastry	400g	1.65	V
<b>READY MEALS (FROZEN)</b>				
<b>AMY'S KITCHEN</b>				
XL435	Broccoli and Cheddar Bake	270g	4.15	G
XL272	Free From Bean & Rice Burrito	156g	2.19	GV
XL275	Gluten Free Vegetable Lasagne	255g	3.15	G
XL191	Gluten-Free Chinese Noodles	270g	4.15	GOV
XL285	Indian Vegetable Korma	269g	3.59	GV
XL274	Rice Macaroni Cheese	255g	2.99	G
<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 Pie	250g	2.99	OV
XL105	Creamy Cauliflower Pie	250g	2.99	OV
XL028	Gltn Free French Cassoulet Pie	250g	3.15	GOSV
XL026	Gluten Free Aloo Gobi Pie	250g	3.15	GOSV
XL030	Gluten Free Chickpea Tagine	250g	3.15	GOSV
XL032	Gluten Free Mexican Chilli Pie	250g	3.15	GOSV
XL029	Gluten Free Olive & Lentil Pie	250g	3.15	GOSV
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
<i>Tarts</i>				
XL323	Bombay Curry Tart	195g	3.59	GOSV
XL324	Lentil and Kale Tart	195g	3.59	GOSV
XL336	Tomato and Olive Tart	195g	3.59	GOSV
<b>DALOON</b>				
XL361	Vegetable Samosas	70g		SV
<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	3.15	V
<b>GOODLIFE</b>				
XL163	Catering Pack Falafel	25g		V
XL061	Catering Sweet Potato Falafel	22g		SV
XL265	Falafel	280g	2.29	GV
XL253	Mushroom & Spinach Kiev	250g	3.15	
XL365	Veggie Balls	300g	2.29	SV
<b>LINDA MCCARTNEY</b>				
XL230	Cheese, Leek and Onion Plaits	340g	2.15	
<b>NATURLI'</b>				
XL045	Pizza Capriciosa	350g	4.10	SV
XL040	Pizza Mexicana	350g	4.00	SV

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<b>ONE PLANET PIZZA</b>				
<i>Handmade Vegan Pizza</i>				
XL036	Cheezeburger Pizza	362g	5.79	V
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>OUMPH!</b>				
XL357	Italian Style Pizza	400g	4.90	SV
<b>VIBRANT VEGAN CO</b>				
XL116	Diavolo No Meatball Spaghetti	440g	4.99	V
XL111	Goan Stew	450g	4.99	GSV
XL113	Malaysian Dumplings	400g	4.99	V
XL112	Piri Piri Jambalaya	450g	4.99	GV
XL117	Samba Stew	450g	4.99	GV
XL115	Thai Green Jackfruit	420g	4.99	GV
<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>FRYS</b>				
XL073	Braai Sausages	380g	4.09	V
XL011	Chicken Style Burgers	320g	3.20	V
XL008	Chicken Style Nuggets	380g	3.35	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	3.20	V
XL003	Traditional Sausages	380g	4.15	V
<b>GOODLIFE</b>				
XL233	Catering Vegetable Sausages	30 pack		GSV
XL057	Katsu Burgers	215g	3.09	SV
XL059	Mighty Non Meaty Sausage	252g	3.09	V
XL141	Parsnip & Carrot Nut Burgers	320g	3.05	V
XL140	Spicy Bean Burgers	454g	3.09	S
<b>NATURLI'</b>				
XL078	Vegan Burger	320g	3.90	GV
XL086	Vegan Sausages	300g	4.25	GV
<b>OUMPH!</b>				
XL054	Balls	280g	3.00	V
XL012	Burgers (2 pack)	226g	3.80	V
XL042	Mince	450g	3.20	V
XL041	Smoky 'Bacon' Bits	180g	2.30	SV
<b>QUORN</b>				
XL055	Sausages in a bag	336g	2.90	
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

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<b>VEGETABLES (FROZEN)</b>				
<b>BIO INSIDE</b>				
XL155	Organic Garden peas	300g	1.45	GOV
XL153	Organic Sweetcorn	300g	1.89	GOV
<b>NATURAL COOL</b>				
XL183	Broccoli	300g	2.19	GOV
XL221	Chips - Oven or Fry	600g	2.59	BGOV
XL156	Chips - Oven or Fry	1.25kg	5.15	GOV
XL176	Cut Green Beans	450g	2.05	OVB
XL177	Leaf Spinach Portions	450g	2.05	OVB
XL178	Peas	450g	2.65	GOV
XL098	Potato Wedges	450g	2.59	BGOV
XL181	Sweetcorn	450g	2.79	GOV
XL134	Vegetable Mix	450g	2.35	BGOV
<b>YUTAKA</b>				
XL047	Shelled Edamame Beans	500g	2.20	V

# Suma

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