

Summa

CO-OPERATIVE SINCE 1977

FROZEN

JULY AUGUST 2022

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	Caramel Crunch Ice Cream		5.50	OS
XL174	Caramel Crunch Ice Cream		1.60	OS
XL325	Chocolate Ice Cream		5.50	OS
XL171	Chocolate Ice Cream		1.60	OS
XL170	Clotted Cream Vanilla Ice		1.60	OS
XL326	Mint Choc Chip Ice Cream		5.50	OS
XL173	Mint Choc Chip Ice Cream		1.60	OS
XL327	Strawberry Ice Cream		5.50	OS
XL172	Strawberry Ice Cream		1.60	OS
XL220	Vanilla Ice Cream		5.50	OS
YEO VALLEY				
XL159	Blueberry Kefir Ice Cream		4.55	OS
XL347	Mint Chocolate Chip Ice Cream		4.55	OS
XL248	Sea Salted Caramel Ice Cream		4.55	OS
XL158	Strawberry Kefir Ice Cream		4.55	OS
XL246	Vanilla Ice Cream		4.55	OS
DESSERTS, NON-DAIRY (FROZEN)				
BEAR				
XL168	Mango Ice Lollies		3.15	V
XL167	Strawberry Ice Lollies		3.15	V
BEAU'S GELATO				
XL095	Chocolate Chip		5.60	GSV
XL094	Mint Chocolate Chip		5.60	GSV
XL093	Pistachio		5.60	GSV
XL092	Raspberry		5.60	GSV
XL099	Strawberry		5.60	GSV
BOOJA-BOOJA				
	Alternative to Dairy Ice Cream			
XL258	Caramel Pecan Praline Ice Cream		2.10	OV
XL263	Caramel Pecan Praline Ice Cream		5.69	OSV
XL259	Choc Salted Caramel Ice Cream		5.69	OV
XL048	Choc Salted Caramel Ice Cream		2.10	OV
XL255	Hazel Choc & Truffle Ice Cream		5.69	OV
XL332	Hazel Choc & Truffle Ice Cream		2.10	OV
XL102	Honeycomb Caramel Ice Cream		5.69	OV
XL033	Hunky Punky Chocolate		5.69	OV
XL031	Hunky Punky Chocolate		2.10	OV
XL038	Keep Smiling Vanilla M'Gorilla		5.69	OV
XL410	Keep Smiling Vanilla M'Gorilla		2.10	OV
XL104	Mint Chocolate Ice Cream		5.69	OV
XL257	Raspberry Ripple Ice Cream		5.69	OV
XL256	Raspberry Ripple Ice Cream		2.10	OV
FOOD HEAVEN				
	Dairy-Free Desserts			
XL401	Chocolate Ice Cream		4.50	GSV
XL400	Cool Vanilla Ice Cream		4.50	GSV
GRIDDLE				
XL207	Blueberry Wholegrain Waffles		3.40	V
XL208	Choc-Chip Wholegrain Waffles		3.40	V
XL206	Original Wholegrain Waffles		3.40	V
NATURLI'				
XL137	Blackcurrant Ice Cream		4.85	SV
XL146	Cookie Dough Ice Cream		4.85	SV
XL144	Fudge Brownie Ice Cream		4.85	SV
XL046	Liquorice Sweet Bite Ice Cream		4.85	SV
XL037	Raspberry Ice Cream		4.85	SV

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XL027	Salted Caramel Ice Cream Cones		4.85	SV
XL147	Brownie Buzz Ice Cream Cones		5.25	SV
XL149	Dark and Creamy Ice Cones		5.25	GSV
XL150	Salted Caramel Ice Cream Cones		5.25	GSV
NORTHERN BLOC				
	Indulgent Vegan Ice Cream			
XL110	Caramel Collection Multipack		6.25	GSV
XL367	Chocolate & Blood Orange		1.55	GSV
XL118	Chocolate & Blood Orange		5.50	GSV
XL103	Chocolate Collection Multipack		6.25	GSV
XL368	Peanut Chocolate Chip		1.55	SV
XL232	Peanut Chocolate Chip		5.50	SV
SWEDISH GLACE				
XL017	Juicy Raspberry		4.50	SV
XL018	Rich Chocolate		4.50	SV
XL016	Smooth Vanilla Ice Cream		4.50	VS
FRUIT (FROZEN)				
NATURAL COOL				
XL142	Organic Berry Mix		4.35	GOV
XL145	Organic Blueberries		4.60	GOV
XL179	Organic Raspberries		5.75	GOV
XL182	Organic Sour Cherries		3.90	GOV
XL180	Organic Strawberries		3.90	GOV
WINDMILL HILL				
XL282	British Blackcurrants		3.60	V
XL279	British Raspberries		3.60	V
XL283	British Summer Fruits		3.60	V
XL084	British Sweet Eating Selection		3.60	V
MEAT FREE ALTERNATIVES(FROZEN)				
BEYOND MEAT				
XL053	Burgers		5.20	GV
XL091	Meatballs		5.20	GV
XL088	Mince		5.20	GV
XL063	Sausages		5.20	GV
FRYS				
XL074	Beef Style Chunky Strips		4.00	V
XL010	Chicken Style Strips		4.00	V
XL006	Golden Crumbed Schnitzel		3.55	V
XL216	Rice Protein & Chia Nuggets		4.00	V
IMPULSE FOODS				
XL109	Organic Garlic & Herb Tempeh		3.00	OV
XL107	Organic Tempeh		3.00	OV
LINDA MCCARTNEY				
XL161	Vegemince		4.35	V
NATURLI'				
XL065	Schnitzel		4.25	GV
XL071	Vegan Balls		3.50	GV
XL101	Vegan Mince		3.35	GSV
QUORN				
XL069	Bacon Style Strips		3.80	
XL056	Chicken Style Pieces		3.60	
XL062	Family Roast (Chicken Style)		5.90	
XL060	Garlic & Herb Fillets		3.65	
XL058	Quorn Mince		3.60	
XL066	Swedish Style Balls		3.60	
XL210	Vegan Pieces		3.25	V

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STRONG ROOTS				
XL212	Crispy Vegetable Nuggets		4.10	V
XL214	Kale & Quinoa Burger		4.10	V
XL213	Pumpkin & Spinach Burgers		4.10	GV
XL218	Spinach Bites		4.10	G
THE TOFOO COMPANY				
XL169	Crispy Spicy Bites		2.85	OV
XL184	Original Crispy Bites		2.85	OV
XL072	Original Crispy Chunkies		2.85	OV
	Straight To Wok			
XL138	Ginger & Chilli		3.20	OSV
XL139	Naked		3.20	OV
XL209	Sriracha		3.20	OSV
THE VEGILANTES				
XL192	Ch*ckeb Satay with Peanut		3.50	SV
XL123	Plant Protein Zingers		3.50	SV
XL122	Protein Southern Fried Wings		3.50	SV
XL187	Spicy Crusted Plant Steak		3.50	SV
XL190	Tandoori Tikka Pieces		3.50	SV
VFC				
	Vegan Fried Chick*n			
XL083	Original Bites		3.89	V
XL081	Original Fillets		3.29	V
XL052	Popcorn Chick*n		3.29	V
XL127	Spicy Bites		6.00	V
PASTRY (FROZEN)				
DORSET PASTRY				
	Pure Butter Handmade Pastry			
XL124	Puff Pastry		5.50	
XL264	Shortcrust Pastry		4.50	
ST JAMES				
XL106	Filo Pastry		1.90	V
READY MEALS (FROZEN)				
CLIVE'S				
	Nut Roasts			
XL199	Mushroom Nut Roast		5.70	GOV
XL338	Organic Nut Roast		5.70	GOSV
	Pies & Pastries			
XL019	Arabian Chickpea Pie		3.25	OSV
XL021	Chestnut & Bean Pie		3.25	OV
XL105	Creamy Cauliflower Pie		3.25	OV
XL028	Gltn Free French Cassoulet Pie		3.35	GOSV
XL026	Gluten Free Aloo Gobi Pie		3.35	GOSV
XL030	Gluten Free Chickpea Tagine		3.35	GOSV
XL032	Gluten Free Mexican Chilli Pie		3.35	GOSV
XL025	Mushroom Pie		3.25	OSV
XL114	Org G/F Mushroom & Leek Pie		3.35	GOV
XL020	Saag Aloo Curry Pie		3.25	OSV
	Puff Pastry Pies			
XL200	Beefy Ale Pie		3.65	OV
XL201	Chickeny Pie		3.65	OV
	Quiches			
XL157	Broccoli & Green Pesto Quiche		2.99	OV
XL152	Cauliflower Quiche		2.99	OV
XL151	Quiche Lorraine		2.99	OV
XL154	Roasted Red Pepper & Tomato		2.99	OV
	Tarts			

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XL323	Bombay Curry Tart		3.70	GOSV
XL324	Lentil and Kale Tart		3.70	GOSV
XL336	Tomato and Olive Tart		3.70	GOSV
	FRYS			
XL390	Curry Pies		4.10	V
XL234	Sausage Rolls		3.90	V
	GOODLIFE			
XL265	Falafel		2.50	GV
XL253	Mushroom & Spinach Kiev		3.40	
	LINDA MCCARTNEY			
XL131	Deep Dish Country Pies		2.90	V
	NATURLI'			
XL045	Pizza Capriciossa		4.15	SV
XL040	Pizza Mexicana		4.50	SV
	ONE PLANET PIZZA			
XL035	GF Three Cheeze Margherita Piz		5.95	GV
XL306	Mediterranean Vegetable		4.49	V
XL186	Spicy Peppernomi		4.49	V
XL305	Vegan Hawaiian		4.49	V
XL303	Vegan Three Cheese Margherita		4.49	V
	SHICKEN			
XL223	Balti Curry		5.39	V
XL226	Butter Curry		5.39	SV
XL224	Jalfrezi Curry		5.39	V
XL225	Korma Curry		5.39	SV
XL222	Tikka Masala Curry		5.39	SV
	Skewers			
XL231	Karahi Kebab Skewers		6.65	V
XL229	Tikka Kebab Skewers		6.65	SV
	YUTAKA			
XL039	Bao Buns		4.95	SV
XL343	Vegetable Gyoza Dumplings		3.50	SV
	SAUSAGES & BURGERS (FROZEN)			
	FRYS			
XL011	Chicken Style Burgers		3.95	V
XL008	Chicken Style Nuggets		4.15	V
XL009	Hot Dogs		4.20	V
XL360	Rice Protein & Quinoa Burgers		4.50	GV
XL004	Traditional Burgers		3.95	V
XL003	Traditional Sausages		4.35	V
	GOODLIFE			
XL059	Mighty Non Meaty Sausage		3.35	V
XL141	Parsnip & Carrot Nut Burgers		3.30	V
XL140	Spicy Bean Burgers		3.35	S
	LINDA MCCARTNEY			
XL051	Lincolnshire Sausages		3.10	V
XL345	Red Onion & Rosemary Sausages		2.60	V
XL130	Sausages		2.60	V
XL254	Vegetarian Quarter Pounder		2.75	V
	NATURLI'			
XL078	Vegan Burger		3.90	GV
XL086	Vegan Sausages		4.30	GV
	OUMPH!			
XL012	Burgers (2 pack)		4.49	V
	QUORN			
XL055	Sausages in a bag		3.25	
XL211	Vegan Spicy Burgers		3.25	V

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VEGETABLES (FROZEN)				
BIO INSIDE				
XL155	Organic Garden peas		1.55	GOV
XL153	Organic Sweetcorn		1.85	GOV
NATURAL COOL				
XL183	Broccoli		2.30	GOVB
XL221	Chips - Oven or Fry		2.90	BGOV
XL176	Cut Green Beans		2.10	OVB
XL177	Leaf Spinach Portions		2.15	OVB
XL178	Peas		2.70	GOV
XL098	Potato Wedges		2.65	BGOV
XL181	Sweetcorn		2.90	GOV
XL134	Vegetable Mix		2.40	BGOV
STRONG ROOTS				
XL164	Cauliflower Hash Browns		4.10	V
XL165	Mixed Root Vegetable Fries		4.10	GV
XL166	Proper Potato Chips		4.10	GV
XL162	Sweet Potato Fries		4.10	GV
YUTAKA				
XL047	Shelled Edamame Beans		2.70	V

Suma

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