

Summa

CO-OPERATIVE SINCE 1977

FROZEN

SEPT - OCT 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	bfqos
DESSERTS, DAIRY (FROZEN)				
ROSKILLYS				
XL219	Caramel Crunch Ice Cream	500ml	5.50	OS
XL174	Caramel Crunch Ice Cream	120ml	1.60	OS
XL325	Chocolate Ice Cream	500ml	5.50	OS
XL171	Chocolate Ice Cream	120ml	1.60	OS
XL170	Clotted Cream Vanilla Ice	120ml	1.60	OS
XL326	Mint Choc Chip Ice Cream	500ml	5.50	OS
XL173	Mint Choc Chip Ice Cream	120ml	1.60	OS
XL327	Strawberry Ice Cream	500ml	5.50	OS
XL172	Strawberry Ice Cream	120ml	1.60	OS
XL220	Vanilla Ice Cream	500ml	5.50	OS
YEO VALLEY				
XL159	Blueberry Kefir Ice Cream	480ml	5.49	OS
XL347	Mint Chocolate Chip Ice Cream	500ml	5.49	OS
XL248	Sea Salted Caramel Ice Cream	500ml	5.49	OS
XL158	Strawberry Kefir Ice Cream	480ml	5.49	OS
XL246	Vanilla Ice Cream	500ml	5.49	OS
DESSERTS, NON-DAIRY (FROZEN)				
BEAR				
XL168	Mango Ice Lollies	5 x 55m	3.15	V
XL167	Strawberry Ice Lollies	5 x 55m	3.15	V
BEAU'S GELATO				
XL095	Chocolate Chip	450ml	5.60	GSV
XL094	Mint Chocolate Chip	450ml	5.60	GSV
XL093	Pistachio	450ml	5.60	GSV
XL092	Raspberry	450ml	5.60	GSV
XL099	Strawberry	450ml	5.60	GSV
BOOJA-BOOJA				
	Alternative to Dairy Ice Cream			
XL258	Caramel Pecan Praline Ice Cream	110ml	2.10	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	2.10	OV
XL255	Hazel Choc & Truffle Ice Cream	500ml	5.69	OV
XL332	Hazel Choc & Truffle Ice Cream	110ml	2.10	OV
XL102	Honeycomb Caramel Ice Cream	500ml	5.69	OV
XL033	Hunky Punky Chocolate	500ml	5.69	OV
XL031	Hunky Punky Chocolate	110ml	2.10	OV
XL038	Keep Smiling Vanilla M'Gorilla	500ml	5.69	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ml	2.10	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	2.10	OV
FOOD HEAVEN				
	Dairy-Free Desserts			
XL401	Chocolate Ice Cream	900ml	4.50	GSV
XL400	Cool Vanilla Ice Cream	900ml	4.50	GSV
GRIDDLE				
XL207	Blueberry Wholegrain Waffles	192g	3.40	V
XL208	Choc-Chip Wholegrain Waffles	192g	3.40	V
XL206	Original Wholegrain Waffles	192g	3.40	V
NATURLI'				
XL137	Blackcurrant Ice Cream	500ml	4.85	SV
XL146	Cookie Dough Ice Cream	500ml	4.85	SV
XL144	Fudge Brownie Ice Cream	500ml	4.85	SV
XL046	Liquorice Sweet Bite Ice Cream	500ml	4.85	SV
XL037	Raspberry Ice Cream	500ml	4.85	SV

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XL027	Salted Caramel Ice Cream Cones	500ml	4.85	SV
XL147	Brownie Buzz Ice Cream Cones	4 x 130m	5.25	SV
XL149	Dark and Creamy Ice Cones	4 x 130m	5.25	GSV
XL150	Salted Caramel Ice Cream Cones	4 x 130m	5.25	GSV
NEED				
XL250	Caramel Ice Cream Sandwich	115ml	4.99	V
XL262	Chocolate Ice Cream Bar	45ml	3.35	V
XL260	Coconut Ice Cream Bar	45ml	3.35	V
XL281	PB & J Ice Cream Sandwich	115ml	4.99	V
XL271	Solid Gold Ice Cream Sandwich	155ml	4.99	V
XL251	Strawberry Ice Cream Sandwich	115ml	4.99	V
XL249	Too Choc Ice Cream Sandwich	115ml	4.99	V
XL277	Very-Dandy Ice Cream Sandwich	115ml	4.99	V
NORTHERN BLOC				
	Indulgent Vegan Ice Cream			
XL110	Caramel Collection Multipack	4 x 100m	6.25	GSV
XL367	Chocolate & Blood Orange	100ml	1.55	GSV
XL118	Chocolate & Blood Orange	500ml	5.50	GSV
XL103	Chocolate Collection Multipack	4 x 100m	6.25	GSV
XL368	Peanut Chocolate Chip	100ml	1.55	SV
XL232	Peanut Chocolate Chip	500ml	5.50	SV
SWEDISH GLACE				
XL017	Juicy Raspberry	750ml	4.50	SV
XL018	Rich Chocolate	750ml	4.50	SV
XL016	Smooth Vanilla Ice Cream	750ml	4.50	VS
FRUIT (FROZEN)				
NATURAL COOL				
XL142	Organic Berry Mix	300g	4.55	GOV
XL145	Organic Blueberries	300g	5.40	GOV
XL179	Organic Raspberries	300g	6.75	GOV
XL182	Organic Sour Cherries	300g	4.10	GOV
XL180	Organic Strawberries	300g	4.10	GOV
WINDMILL HILL				
XL282	British Blackcurrants	430g	3.60	V
XL279	British Raspberries	300g	3.60	V
XL283	British Summer Fruits	330g	3.60	V
XL084	British Sweet Eating Selection	330g	3.60	V
MEAT FREE ALTERNATIVES(FROZEN)				
BEYOND MEAT				
XL053	Burgers	226g	5.20	GV
XL091	Meatballs	200g	5.20	GV
XL088	Mince	300g	5.20	GV
XL063	Sausages	200g	5.20	GV
FRYS				
XL074	Beef Style Chunky Strips	380g	4.00	V
XL010	Chicken Style Strips	380g	4.00	V
XL006	Golden Crumbed Schnitzel	320g	3.55	V
XL216	Rice Protein & Chia Nuggets	240g	4.00	V
IMPULSE FOODS				
XL109	Organic Garlic & Herb Tempeh	227g	3.00	OV
XL107	Organic Tempeh	227g	3.00	OV
LINDA MCCARTNEY				
XL161	Vegemince	500g	4.35	V
NATURLI'				
XL101		300g	3.35	GV
XL065	Schnitzel	300g	4.25	GV
XL071	Vegan Balls	300g	3.50	GV

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QUORN				
XL069	Bacon Style Strips	150g	3.80	
XL056	Chicken Style Pieces	300g	3.60	
XL062	Family Roast (Chicken Style)	454g	5.90	
XL060	Garlic & Herb Fillets	200g	3.65	
XL058	Quorn Mince	300g	3.60	S
XL066	Swedish Style Balls	300g	3.60	
XL210	Vegan Pieces	280g	3.25	V
STRONG ROOTS				
XL212	Crispy Vegetable Nuggets	300g	4.10	V
XL214	Kale & Quinoa Burger	300g	4.10	V
XL213	Pumpkin & Spinach Burgers	300g	4.10	GV
XL218	Spinach Bites	308g	4.10	G
THE TOFOO COMPANY				
XL169	Crispy Spicy Bites	280g	2.85	OV
XL184	Original Crispy Bites	280g	2.85	OV
XL072	Original Crispy Chunkies	200g	2.85	OV
	Straight To Wok			
XL138	Ginger & Chilli	280g	3.20	OSV
XL139	Naked	280g	3.20	OV
XL209	Sriracha	280g	3.20	OSV
THE VEGILANTES				
XL192	Ch*ckebe Satay with Peanut	290g	3.50	SV
XL187	Spicy Crusted Plant Steak	227g	3.50	SV
XL190	Tandoori Tikka Pieces	240g	3.50	SV
UNCONVENTIONAL				
XL238	Plant Based Burger	220g	3.40	V
XL243	Plant Based Chickenless Fillet	180g	3.00	V
XL242	Plant Based Hot Dogs	180g	3.40	V
XL244	Plant Based Mini Burgers	180g	2.55	V
VFC				
	Vegan Fried Chick*n			
XL083	Original Bites	275g	3.89	V
XL081	Original Fillets	220g	3.29	V
XL052	Popcorn Chick*n	250g	3.29	V
XL127	Spicy Bites	500g	6.00	V
PASTRY (FROZEN)				
DORSET PASTRY				
	Pure Butter Handmade Pastry			
XL124	Puff Pastry	325g	5.50	
XL264	Shortcrust Pastry	325g	4.50	
ST JAMES				
XL106	Filo Pastry	400g	1.95	V
READY MEALS (FROZEN)				
CLIVE'S				
	Nut Roasts			
XL199	Mushroom Nut Roast	280g	5.70	GOV
XL338	Organic Nut Roast	280g	5.70	GOSV
	Pies & Pastries			
XL019	Arabian Chickpea Pie	250g	3.25	OSV
XL021	Chestnut & Bean Pie	250g	3.25	OV
XL105	Creamy Cauliflower Pie	250g	3.25	OV
XL028	Gln Free French Cassoulet Pie	250g	3.35	GOSV
XL026	Gluten Free Aloo Gobi Pie	250g	3.35	GOSV
XL030	Gluten Free Chickpea Tagine	250g	3.35	GOSV
XL032	Gluten Free Mexican Chilli Pie	250g	3.35	GOSV
XL025	Mushroom Pie	250g	3.25	OSV
XL114	Org G/F Mushroom & Leek Pie	235g	3.35	GOV

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XL020	Saag Aloo Curry Pie	250g	3.25	OSV
	Puff Pastry Pies			
XL200	Beefy Ale Puff Pie	235g	3.50	OV
XL201	Chicken Puff Pie	235g	3.50	OV
	Quiches			
XL157	Broccoli & Green Pesto Quiche	165g	2.99	OV
XL152	Cauliflower Quiche	165g	2.99	OV
XL151	Quiche Lorraine	165g	2.99	OV
XL154	Roasted Red Pepper & Tomato Tarts	165g	2.99	OV
XL323	Bombay Curry Tart	195g	3.70	GOSV
XL324	Lentil and Kale Tart	195g	3.70	GOSV
XL336	Tomato and Olive Tart	195g	3.70	GOSV
	FRYS			
XL390	Curry Pies	350g	4.10	V
XL234	Sausage Rolls	400g	3.90	V
	GOODLIFE			
XL265	Falafel	280g	2.50	GV
XL253	Mushroom & Spinach Kiev	250g	3.40	
	LINDA MCCARTNEY			
XL131	Deep Dish Country Pies	2 x 190g	2.90	V
	NATURLI'			
XL045	Pizza Capriciosa	350g	4.15	SV
XL040	Pizza Mexicana	350g	4.50	SV
	ONE PLANET PIZZA			
XL035	GF Three Cheeze Margherita Piz	395g	6.55	GV
XL306	Mediterranean Vegetable	355g	4.90	V
XL186	Spicy Peppernomi	302g	4.90	V
XL305	Vegan Hawaiian	350g	4.90	V
XL303	Vegan Three Cheese Margherita	320g	4.90	V
	SHICKEN			
XL223	Balti Curry	350g	5.39	V
XL226	Butter Curry	350g	5.39	SV
XL224	Jalfrezi Curry	350g	5.39	V
XL225	Korma Curry	350g	5.39	SV
XL222	Tikka Masala Curry Skewers	350g	5.39	SV
XL231	Karahi Kebab Skewers	240g	6.65	V
XL229	Tikka Kebab Skewers	240g	6.65	SV
	YUTAKA			
XL039	Bao Buns	300g	4.95	SV
XL343	Vegetable Gyoza Dumplings	240g	3.50	SV
	SAUSAGES & BURGERS (FROZEN)			
	FRYS			
XL011	Chicken Style Burgers	320g	3.95	V
XL008	Chicken Style Nuggets	380g	4.15	V
XL009	Hot Dogs	360g	4.20	V
XL360	Rice Protein & Quinoa Burgers	320g	4.50	GV
XL004	Traditional Burgers	320g	3.95	V
XL003	Traditional Sausages	380g	4.35	V
	GOODLIFE			
XL059	Mighty Non Meaty Sausage	252g	3.35	V
XL141	Parsnip & Carrot Nut Burgers	320g	3.30	V
XL140	Spicy Bean Burgers	454g	3.35	S
	LINDA MCCARTNEY			
XL051	Lincolnshire Sausages	300g	3.10	V
XL345	Red Onion & Rosemary Sausages	270g	2.60	V
XL130	Sausages	270g	2.60	V

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XL254	Vegetarian Quarter Pounder	227g	2.75	V
	NATURLI'			
XL078	Vegan Burger	320g	3.90	GV
XL086	Vegan Sausages	300g	4.30	GV
	OUMPH!			
XL012	Burgers (2 pack)	226g	4.49	V
	QUORN			
XL055	Sausages in a bag	336g	3.25	S
XL211	Vegan Spicy Burgers	264g	3.25	V
	VEGETABLES (FROZEN)			
	BIO INSIDE			
XL155	Organic Garden peas	300g	1.75	GOV
XL153	Organic Sweetcorn	300g	2.10	GOV
	NATURAL COOL			
XL183	Broccoli	300g	2.70	GOVB
XL221	Chips - Oven or Fry	600g	3.45	BGOV
XL176	Cut Green Beans	450g	2.40	OVB
XL177	Leaf Spinach Portions	450g	2.45	OVB
XL178	Peas	450g	3.50	GOV
XL098	Potato Wedges	450g	2.90	BGOV
XL181	Sweetcorn	450g	3.25	GOV
XL134	Vegetable Mix	450g	2.70	BGOV
	STRONG ROOTS			
XL164	Cauliflower Hash Browns	375g	4.10	V
XL165	Mixed Root Vegetable Fries	500g	4.10	GV
XL166	Proper Potato Chips	750g	4.10	GV
XL162	Sweet Potato Fries	500g	4.10	GV
	YUTAKA			
XL047	Shelled Edamame Beans	500g	2.70	V

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