

Summa

CO-OPERATIVE SINCE 1977

FROZEN

MAR - APR 2023

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	6 x 500ml	5.95	OS
XL174	Caramel Crunch Ice Cream	24 x 120ml	1.89	OS
XL325	Chocolate Ice Cream	6 x 500ml	5.95	OS
XL171	Chocolate Ice Cream	24 x 120ml	1.89	OS
XL170	Clotted Cream Vanilla Ice	24 x 120ml	1.89	OS
XL326	Mint Choc Chip Ice Cream	6 x 500ml	5.95	OS
XL173	Mint Choc Chip Ice Cream	24 x 120ml	1.89	OS
XL327	Strawberry Ice Cream	6 x 500ml	5.95	OS
XL172	Strawberry Ice Cream	24 x 120ml	1.89	OS
XL220	Vanilla Ice Cream	6 x 500ml	5.95	OS
YEO VALLEY				
XL159	Blueberry Kefir Ice Cream	6 x 480ml	5.49	OS
XL347	Mint Chocolate Chip Ice Cream	6 x 500ml	5.49	OS
XL248	Sea Salted Caramel Ice Cream	6 x 500ml	5.49	OS
XL158	Strawberry Kefir Ice Cream	6 x 480ml	5.49	OS
XL246	Vanilla Ice Cream	6 x 500ml	5.49	OS
DESSERTS, NON-DAIRY (FROZEN)				
BEAR				
XL168	Mango Ice Lollies	10 x 5 x 55m	3.15	V
XL167	Strawberry Ice Lollies	10 x 5 x 55m	3.15	V
BOOJA-BOOJA				
	465ml Tubs			
XL013	Choc Fudge Brownie Ice Cream	6 x 465ml	5.69	GOSV
XL002	Cookie Dough Ice Cream	6 x 465ml	5.69	GOSV
XL023	Mango & Raspberry Ice Cream	6 x 465ml	5.69	GOSV
	Alternative to Dairy Ice Cream			
XL263	Caramel Pecan Ice Cream	6 x 500ml	5.69	OSV
XL258	Caramel Pecan Praline Ice Cream	22 x 110ml	2.10	OV
XL259	Choc Salted Caramel Ice Cream	6 x 500ml	5.69	OV
XL048	Choc Salted Caramel Ice Cream	22 x 110ml	2.10	OV
XL255	Hazel Choc & Truffle Ice Cream	6 x 500ml	5.69	OV
XL332	Hazel Choc & Truffle Ice Cream	22 x 110ml	2.10	OV
XL102	Honeycomb Caramel Ice Cream	6 x 500ml	5.69	OV
XL033	Hunky Punky Chocolate	6 x 500ml	5.69	OV
XL031	Hunky Punky Chocolate	22 x 110ml	2.10	OV
XL038	Keep Smiling Vanilla M'Gorilla	6 x 500ml	5.69	OV
XL410	Keep Smiling Vanilla M'Gorilla	22 x 110ml	2.10	OV
XL104	Mint Chocolate Ice Cream	6 x 500ml	5.69	OV
XL257	Raspberry Ripple Ice Cream	6 x 500ml	5.69	OV
XL256	Raspberry Ripple Ice Cream	22 x 110ml	2.10	OV
FOOD HEAVEN				
	Dairy-Free Desserts			
XL400	Cool Vanilla Ice Cream	6 x 900ml	4.50	GSV
GRIDDLE				
XL207	Blueberry Wholegrain Waffles	8 x 200g	3.40	V
XL208	Choc-Chip Wholegrain Waffles	8 x 200g	3.40	V
XL206	Original Wholegrain Waffles	8 x 200g	3.40	V
NATURLI'				
XL146	Cookie Dough Ice Cream	8 x 500ml	4.85	SV
XL144	Fudge Brownie Ice Cream	8 x 500ml	4.85	SV
XL037	Raspberry Ice Cream	8 x 500ml	4.85	SV
XL027	Salted Caramel Ice Cream	8 x 500ml	4.85	SV
	Cones			
XL147	Brownie Buzz Ice Cream Cones	8 x 4 x 130m	5.25	SV
XL149	Dark and Creamy Ice Cones	8 x 4 x 130m	5.25	GSV
XL150	Salted Caramel Ice Cream Cones	8 x 4 x 130m	5.25	GSV

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NEED				
XL250	Caramel Ice Cream Sandwich	12 x 115ml	4.99	V
XL262	Chocolate Ice Cream Bar	12 x 45ml	3.35	V
XL260	Coconut Ice Cream Bar	12 x 45ml	3.35	V
XL281	PB & J Ice Cream Sandwich	12 x 115ml	4.99	V
XL271	Solid Gold Ice Cream Sandwich	12 x 155ml	4.99	V
XL251	Strawberry Ice Cream Sandwich	12 x 115ml	4.99	V
XL249	Too Choc Ice Cream Sandwich	12 x 115ml	4.99	V
XL277	Very-Dandy Ice Cream Sandwich	12 x 115ml	4.99	V
NORTHERN BLOC				
	Indulgent Vegan Ice Cream			
XL368	Peanut Chocolate Chip	24 x 100ml	1.55	SV
SWEDISH GLACE				
XL017	Juicy Raspberry	6 x 750ml	5.10	SV
XL018	Rich Chocolate	6 x 750ml	5.10	SV
XL016	Smooth Vanilla Ice Cream	6 x 750ml	5.10	VS
FRUIT (FROZEN)				
NATURAL COOL				
XL142	Organic Berry Mix	10 x 300g	4.85	GOV
XL145	Organic Blueberries	10 x 300g	4.70	GOV
XL179	Organic Raspberries	10 x 300g	7.20	GOV
XL182	Organic Sour Cherries	10 x 300g	4.40	GOV
XL180	Organic Strawberries	10 x 300g	4.65	GOV
PACK'D				
XL252	Organic Blueberries	5 x 300g	5.50	OV
XL148	Organic Cherries	5 x 300g	5.25	OV
XL133	Organic Raspberries	5 x 300g	6.80	OV
XL135	Organic Strawberries	5 x 300g	5.25	OV
XL188	Organic Summer Berries	5 x 300g	5.50	OV
WINDMILL HILL				
XL282	British Organic Blackcurrants	12 x 400g	3.60	OV
XL279	British Raspberries	12 x 300g	3.60	V
XL283	British Summer Fruits	12 x 330g	3.60	V
XL084	British Sweet Eating Selection	12 x 330g	3.60	V
MEAT FREE ALTERNATIVES(FROZEN)				
BEYOND MEAT				
XL053	Burgers	8 x 226g	5.20	GV
XL091	Meatballs	8 x 200g	5.20	GV
XL088	Mince	8 x 300g	5.20	GV
XL063	Sausages	8 x 200g	5.20	GV
FRYS				
XL074	Beef Style Chunky Strips	10 x 380g	4.00	V
XL010	Chicken Style Strips	10 x 380g	4.00	V
XL006	Golden Crumbled Schnitzel	6 x 320g	3.55	V
XL070	Plant Based Chick'n Fillet	7 x 180g	3.80	V
XL302	Popcorn Chick'n	6 x 300g	3.90	V
XL216	Rice Protein & Chia Nuggets	6 x 240g	4.00	V
IMPULSE FOODS				
XL109	Organic Garlic & Herb Tempeh	10 x 227g	3.20	OV
XL107	Organic Tempeh	10 x 227g	3.15	OV
LINDA MCCARTNEY				
XL161	Vegemince	8 x 500g	4.35	V
NATURLI'				
XL101	'Shape Me' Vegan Mince	8 x 300g	4.65	GV
XL311	Sausage Rolls	8 x 250g	4.75	V
XL065	Schnitzel	8 x 300g	4.65	GV
XL310	Supreme Burgers	10 x 240g	3.79	V
XL071	Vegan Balls	8 x 300g	3.95	GV

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	PERFECT SEASON			
XL291	Beetroot Patties	12 x 200g	3.99	OSV
XL292	Dill Cakes	10 x 220g	3.99	OSV
XL295	Italian Falafels	12 x 240g	3.99	OSV
XL299	Mushroom Patties	12 x 240g	3.99	OV
XL298	Pea Fritters	10 x 220g	3.99	OSV
	QUORN			
XL069	Bacon Style Strips	8 x 150g	4.50	
XL056	Chicken Style Pieces	12 x 300g	3.60	
XL062	Family Roast (Chicken Style)	8 x 454g	5.90	
XL060	Garlic & Herb Fillets	12 x 200g	3.80	
XL058	Quorn Mince	12 x 300g	3.60	S
XL066	Swedish Style Balls	10 x 300g	3.60	
XL210	Vegan Pieces	8 x 280g	3.25	V
	STRONG ROOTS			
XL212	Crispy Vegetable Nuggets	18 x 300g	4.10	V
XL214	Kale & Quinoa Burger	12 x 300g	4.10	V
XL213	Pumpkin & Spinach Burgers	12 x 300g	4.10	CV
XL218	Spinach Bites	12 x 308g	4.10	G
	THIS			
XL284	Plant Based Chicken Nuggets	8 x 250g	3.60	V
XL290	Plant Based Pork Sausages	8 x 270g	3.50	V
XL289	Southern Chicken Tenders	8 x 240g	3.50	V
	UNCONVENTIONAL			
XL238	Plant Based Burger	8 x 220g	4.25	V
XL243	Plant Based Chickenless Fillet	8 x 180g	3.75	V
XL242	Plant Based Hot Dogs	8 x 180g	4.25	V
XL244	Plant Based Mini Burgers	8 x 180g	3.20	V
	VFC			
	Vegan Fried Chick*n			
XL083	Original Bites	12 x 275g	3.89	V
XL081	Original Fillets	10 x 220g	3.29	V
XL052	Popcorn Chick*n	10 x 220g	3.60	V
	PASTRY (FROZEN)			
	DORSET PASTRY			
	Pure Butter Handmade Pastry			
XL124	Puff Pastry	12 x 325g	5.50	
XL264	Shortcrust Pastry	12 x 325g	4.50	
	ST JAMES			
XL106	Filo Pastry	10 x 400g	1.95	V
	READY MEALS (FROZEN)			
	CLIVE'S			
	Nut Roasts			
XL199	Mushroom Nut Roast	6 x 280g	5.70	GOV
XL338	Organic Nut Roast	6 x 280g	6.40	GOSV
	Pies & Pastries			
XL021	Chestnut & Bean Pie	6 x 250g	3.95	OV
XL105	Creamy Cauliflower Pie	6 x 250g	3.95	OV
XL028	Gltn Free French Cassoulet Pie	6 x 250g	4.10	GOSV
XL026	Gluten Free Aloo Gobi Pie	6 x 250g	4.10	GOSV
XL030	Gluten Free Chickpea Tagine	6 x 250g	4.10	GOSV
XL032	Gluten Free Mexican Chilli Pie	6 x 250g	4.10	GOSV
XL025	Mushroom Pie	6 x 250g	3.95	OSV
XL114	Org G/F Mushroom & Leek Pie	6 x 235g	4.10	GOV
XL020	Saag Aloo Curry Pie	6 x 250g	3.95	OSV
	Puff Pastry Pies			
XL200	Beefy Ale Puff Pie	6 x 235g	4.10	OV
XL201	Chickeny Puff Pie	6 x 235g	4.10	OV

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XL024	Chickpea Coronation Puff Pie	6 x 235g	4.10	OV
XL022	Creamy Mushroom Puff Pie	6 x 235g	4.10	OV
XL014	Saag Aloo Puff Pie	6 x 235g	4.10	OV
	Quiches			
XL157	Broccoli & Green Pesto Quiche	6 x 165g	3.25	OV
XL152	Cauliflower Quiche	6 x 165g	3.25	OV
XL151	Quiche Lorraine	6 x 165g	3.25	OV
XL154	Roasted Red Pepper & Tomato Tarts	6 x 165g	3.25	OV
XL323	Bombay Curry Tart	6 x 195g	4.00	GOSV
XL336	Tomato and Olive Tart	6 x 195g	4.00	GOSV
	FRYS			
XL390	Curry Pies	10 x 350g	4.10	V
XL234	Sausage Rolls	10 x 400g	3.90	V
	GOODLIFE			
XL265	Falafel	6 x 280g	3.45	GV
XL253	Mushroom & Spinach Kiev	6 x 250g	4.75	
	LINDA MCCARTNEY			
XL131	Deep Dish Country Pies	8 x 380g	2.90	V
	NATURLI'			
XL312	Falafel	8 x 325g	4.95	GV
XL045	Pizza Capriciosa	12 x 350g	4.50	SV
XL040	Pizza Mexicana	12 x 350g	4.50	SV
XL307	Tex Mex Pizza	18 x 190g	2.70	V
XL309	Vesuvio Pizza	18 x 190g	2.70	V
	ONE PLANET PIZZA			
XL035	GF Three Cheeze Margherita Piz	10 x 395g	6.55	GV
XL306	Mediterranean Vegetable	10 x 355g	4.90	V
XL186	Spicy Peppernomi	10 x 302g	4.90	V
XL305	Vegan Hawaiian	10 x 350g	4.90	V
XL303	Vegan Three Cheese Margherita	10 x 320g	4.90	V
	ROOT KITCHEN			
	Plant Based Ready Meals			
XL321	Butternut Squash Lasagne	16 x 400g	4.50	SV
XL313	Moussaka	16 x 400g	4.50	SV
XL319	Thai Red Curry	16 x 400g	4.50	GV
XL314	Tikka Massala with Rice	16 x 400g	4.50	SV
XL329	Vegetable Jalfrezi	16 x 400g	4.50	SV
XL322	Vegetable Shepherds Pie	16 x 400g	4.50	SV
	YUTAKA			
XL039	Bao Buns	12 x 300g	4.95	SV
XL343	Vegetable Gyoza Dumplings	10 x 240g	3.50	SV
	SAUSAGES & BURGERS (FROZEN)			
	FRYS			
XL011	Chicken Style Burgers	10 x 320g	3.95	V
XL008	Chicken Style Nuggets	10 x 380g	4.15	V
XL009	Hot Dogs	10 x 360g	4.20	V
XL007	Polony	10 x 500g	4.55	V
XL360	Rice Protein & Quinoa Burgers	6 x 320g	4.50	GV
XL004	Traditional Burgers	10 x 320g	3.95	V
XL003	Traditional Sausages	10 x 380g	4.35	V
	GOODLIFE			
XL141	Parsnip & Carrot Nut Burgers	9 x 320g	3.95	V
XL140	Spicy Bean Burgers	7 x 454g	4.65	S
	LINDA MCCARTNEY			
XL051	Lincolnshire Sausages	6 x 300g	3.10	V
XL130	Sausages	8 x 270g	2.60	V
XL254	Vegetarian Quarter Pounder	8 x 227g	2.75	V

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	NATURLI'			
XL078	Vegan Burger	8 x 320g	4.45	GV
XL086	Vegan Sausages	8 x 300g	4.65	GV
	OUMPH!			
XL012	Burgers (2 pack)	7 x 226g	4.49	V
	QUORN			
XL055	Sausages in a bag	8 x 336g	3.25	S
XL211	Vegan Spicy Burgers	8 x 264g	3.40	V
	VEGETABLES (FROZEN)			
	BIO INSIDE			
XL278	Organic Asia Vegetable Mix	12 x 400g	2.95	OV
XL261	Organic Baby Carrots	12 x 300g	2.90	OV
XL155	Organic Garden peas	12 x 300g	2.00	GOV
XL270	Organic Mushrooms	12 x 300g	2.45	OV
XL153	Organic Sweetcorn	12 x 300g	2.35	GOV
	NATURAL COOL			
XL183	Broccoli	8 x 300g	3.45	GOVB
XL221	Chips - Oven or Fry	12 x 600g	3.50	BGOV
XL156	Chips - Oven or Fry	6 x 1.25kg	7.20	GOVB
XL176	Cut Green Beans	8 x 450g	2.80	OVB
XL177	Leaf Spinach Portions	8 x 450g	2.85	OVB
XL178	Peas	8 x 450g	3.60	GOV
XL098	Potato Wedges	12 x 450g	2.99	BGOV
XL181	Sweetcorn	8 x 450g	3.60	GOV
XL134	Vegetable Mix	8 x 450g	3.30	BGOV
	PACK'D			
XL195	Organic Cauliflower Rice	24 x 450g	3.15	OV
XL189	Organic Loose Leaf Spinach	20 x 450g	3.15	OV
XL228	Organic Petit Pois	24 x 450g	3.15	OV
XL239	Organic Super Sweet Sweetcorn	24 x 450g	3.15	OV
XL203	Organic Sweet Potato Chunks	24 x 450g	3.15	OV
	STRONG ROOTS			
XL164	Cauliflower Hash Browns	12 x 375g	4.10	V
XL165	Mixed Root Vegetable Fries	12 x 500g	4.10	GV
XL166	Proper Potato Chips	12 x 750g	4.10	GV
XL162	Sweet Potato Fries	12 x 500g	4.10	GV
	YUTAKA			
XL047	Shelled Edamame Beans	10 x 500g	2.70	V

Suma

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Lacy Way, Lowfields Business Park, HX5 9DB

Email: sales@suma.coop

Sales: +44 (0)1422 313848

Shop online: www.suma.coop/wholesale