

Summa

CO-OPERATIVE SINCE 1977

FROZEN

MAY - JUN 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 | 500ml | 5.95 | OS |
| XL174 | Caramel Crunch Ice Cream | 120ml | 1.89 | OS |
| XL325 | Chocolate Ice Cream | 500ml | 5.95 | OS |
| XL171 | Chocolate Ice Cream | 120ml | 1.89 | OS |
| XL170 | Clotted Cream Vanilla Ice | 120ml | 1.89 | OS |
| XL326 | Mint Choc Chip Ice Cream | 500ml | 5.95 | OS |
| XL173 | Mint Choc Chip Ice Cream | 120ml | 1.89 | OS |
| XL327 | Strawberry Ice Cream | 500ml | 5.95 | OS |
| XL172 | Strawberry Ice Cream | 120ml | 1.89 | OS |
| XL220 | Vanilla Ice Cream | 500ml | 5.95 | 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 |
| BOOJA-BOOJA | | | | |
| | 465ml Tubs | | | |
| XL263 | Caramel Pecan Ice Cream | 465ml | 5.69 | GOSV |
| XL013 | Choc Fudge Brownie Ice Cream | 465ml | 5.69 | GOSV |
| XL259 | Choc Salted Caramel Ice Cream | 465ml | 5.69 | GOSV |
| XL002 | Cookie Dough Ice Cream | 465ml | 5.69 | GOSV |
| XL033 | Deeply Chocolate Ice Cream | 465ml | 5.69 | GOSV |
| XL023 | Mango & Raspberry Ice Cream | 465ml | 5.69 | GOSV |
| XL038 | Vanilla Ice Cream | 465ml | 5.69 | GOSV |
| | Alternative to Dairy Ice Cream | | | |
| XL258 | Caramel Pecan Praline Ice Cream | 110ml | 2.10 | OV |
| XL048 | Choc Salted Caramel Ice Cream | 110ml | 2.10 | OV |
| XL332 | Hazel Choc & Truffle Ice Cream | 110ml | 2.10 | OV |
| XL031 | Hunky Punky Chocolate | 110ml | 2.10 | OV |
| XL410 | Keep Smiling Vanilla M'Gorilla | 110ml | 2.10 | OV |
| XL256 | Raspberry Ripple Ice Cream | 110ml | 2.10 | OV |
| GRIDDLE | | | | |
| XL207 | Blueberry Wholegrain Waffles | 200g | 3.40 | V |
| XL208 | Choc-Chip Wholegrain Waffles | 200g | 3.40 | V |
| XL206 | Original Wholegrain Waffles | 200g | 3.40 | V |
| LICK | | | | |
| | Oat-Based Vegan Ice Cream | | | |
| XL331 | Cookies & Cream Ice Cream | 480ml | 4.99 | SV |
| XL330 | Mint Chocolate Ice Cream | 480ml | 4.99 | SV |
| XL328 | Raspberry Ice Cream | 480ml | 4.99 | SV |
| XL317 | Vanilla Ice Cream | 480ml | 4.99 | SV |
| NATURLI' | | | | |
| XL146 | Cookie Dough Ice Cream | 500ml | 4.85 | SV |
| XL144 | Fudge Brownie Ice Cream | 500ml | 4.85 | SV |
| XL027 | Salted Caramel Ice Cream | 500ml | 4.85 | SV |
| | Cones | | | |
| 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 |

| code | product | size | rrp | bfgo |
|---------------------------------------|--------------------------------|---------|------|------|
| XL262 | Chocolate Ice Cream Bar | 45ml | 3.35 | V |
| XL260 | Coconut Ice Cream Bar | 45ml | 3.35 | V |
| XL286 | Mango Ice Cream Sandwich | 115ml | 4.99 | VS |
| 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 |
| PUKPIP | | | | |
| XL334 | Dark Chocolate Dipped Bananas | 3 x 70g | 3.79 | SV |
| XL335 | Milk Chocolate Dipped Bananas | 3 x 70g | 3.79 | S |
| XL337 | White Chocolate Dipped Bananas | 3 x 70g | 3.79 | S |
| SWEDISH GLACE | | | | |
| XL017 | Juicy Raspberry | 750ml | 5.10 | SV |
| XL018 | Rich Chocolate | 750ml | 5.10 | SV |
| XL016 | Smooth Vanilla Ice Cream | 750ml | 5.10 | VS |
| FRUIT (FROZEN) | | | | |
| NATURAL COOL | | | | |
| XL142 | Organic Berry Mix | 300g | 4.85 | GOV |
| XL145 | Organic Blueberries | 300g | 4.70 | GOV |
| XL179 | Organic Raspberries | 300g | 7.20 | GOV |
| XL182 | Organic Sour Cherries | 300g | 4.40 | GOV |
| XL180 | Organic Strawberries | 300g | 4.65 | GOV |
| PACK'D | | | | |
| XL252 | Organic Blueberries | 300g | 5.50 | OV |
| XL148 | Organic Cherries | 300g | 5.25 | OV |
| XL133 | Organic Raspberries | 300g | 6.80 | OV |
| XL135 | Organic Strawberries | 300g | 5.25 | OV |
| XL188 | Organic Summer Berries | 300g | 5.50 | OV |
| WINDMILL HILL | | | | |
| XL282 | British Organic Blackcurrants | 400g | 3.60 | OV |
| 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 | | | | |
| XL010 | Chicken Style Strips | 380g | 4.00 | V |
| XL006 | Golden Crumbed Schnitzel | 320g | 3.55 | V |
| XL070 | Plant Based Chick'n Fillet | 180g | 3.80 | V |
| XL302 | Popcorn Chick'n | 300g | 3.90 | V |
| XL216 | Rice Protein & Chia Nuggets | 240g | 4.00 | V |
| IMPULSE FOODS | | | | |
| XL109 | Organic Garlic & Herb Tempeh | 227g | 3.20 | OV |
| XL107 | Organic Tempeh | 227g | 3.15 | OV |
| LINDA MCCARTNEY | | | | |
| XL161 | Vegemince | 500g | 4.35 | V |
| NATURLI' | | | | |
| XL101 | 'Shape Me' Vegan Mince | 300g | 4.65 | GV |
| XL311 | Sausage Rolls | 250g | 4.75 | V |
| XL065 | Schnitzel | 300g | 4.65 | GV |
| XL310 | Supreme Burgers | 240g | 3.79 | V |
| XL071 | Vegan Balls | 300g | 3.95 | GV |

| code | product | size | rrp | bfgosv |
|-----------------------------|--------------------------------|------|------|--------|
| PERFECT SEASON | | | | |
| XL291 | Beetroot Patties | 200g | 3.99 | OSV |
| XL292 | Dill Cakes | 220g | 3.99 | OSV |
| XL295 | Italian Falafels | 240g | 3.99 | OSV |
| XL299 | Mushroom Patties | 240g | 3.99 | OV |
| XL298 | Pea Fritters | 220g | 3.99 | OSV |
| QUORN | | | | |
| XL069 | Bacon Style Strips | 150g | 4.50 | |
| XL056 | Chicken Style Pieces | 300g | 3.60 | |
| XL062 | Family Roast (Chicken Style) | 454g | 5.90 | |
| XL060 | Garlic & Herb Fillets | 200g | 3.80 | |
| 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 |
| THIS | | | | |
| XL284 | Plant Based Chicken Nuggets | 250g | 3.60 | V |
| XL290 | Plant Based Pork Sausages | 270g | 3.50 | V |
| XL289 | Southern Chicken Tenders | 240g | 3.50 | V |
| UNCONVENTIONAL | | | | |
| XL238 | Plant Based Burger | 220g | 4.25 | V |
| XL243 | Plant Based Chickenless Fillet | 180g | 3.75 | V |
| XL242 | Plant Based Hot Dogs | 180g | 4.25 | V |
| XL244 | Plant Based Mini Burgers | 180g | 3.20 | V |
| VFC | | | | |
| | Vegan Fried Chick*n | | | |
| XL083 | Original Chick*n Tenders | 220g | 3.89 | V |
| XL081 | Original Fillets | 190g | 3.29 | V |
| XL052 | Popcorn Chick*n | 220g | 3.60 | 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 | | | |
| XL338 | Organic Nut Roast | 280g | 6.40 | GOSV |
| | Pies & Pastries | | | |
| XL021 | Chestnut & Bean Pie | 250g | 3.95 | OV |
| XL105 | Creamy Cauliflower Pie | 250g | 3.95 | OV |
| XL028 | Gltn Free French Cassoulet Pie | 250g | 4.10 | GOSV |
| XL026 | Gluten Free Aloo Gobi Pie | 250g | 4.10 | GOSV |
| XL030 | Gluten Free Chickpea Tagine | 250g | 4.10 | GOSV |
| XL032 | Gluten Free Mexican Chilli Pie | 250g | 4.10 | GOSV |
| XL025 | Mushroom Pie | 250g | 3.95 | OSV |
| XL114 | Org G/F Mushroom & Leek Pie | 235g | 4.10 | GOV |
| XL020 | Saag Aloo Curry Pie | 250g | 3.95 | OSV |
| | Puff Pastry Pies | | | |
| XL200 | Beefy Ale Puff Pie | 235g | 4.10 | OV |
| XL201 | Chickeny Puff Pie | 235g | 4.10 | OV |
| XL024 | Chickpea Coronation Puff Pie | 235g | 4.10 | OV |

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|-------|--|------|------|--------|
| XL022 | Creamy Mushroom Puff Pie | 235g | 4.10 | OV |
| XL308 | Gluten Free Saag Aloo Pie | 235g | 4.10 | GOV |
| XL014 | Saag Aloo Puff Pie | 235g | 4.10 | OV |
| | Quiches | | | |
| XL157 | Broccoli & Green Pesto Quiche | 165g | 3.25 | OV |
| XL152 | Cauliflower Quiche | 165g | 3.25 | OV |
| XL151 | Quiche Lorraine | 165g | 3.25 | OV |
| XL154 | Roasted Red Pepper & Tomato Tarts | 165g | 3.25 | OV |
| XL323 | Bombay Curry Tart | 195g | 4.00 | GOSV |
| XL336 | Tomato and Olive Tart | 195g | 4.00 | GOSV |
| | FRYS | | | |
| XL234 | Sausage Rolls | 400g | 3.90 | V |
| | GOODLIFE | | | |
| XL265 | Falafel | 280g | 3.45 | GV |
| XL253 | Mushroom & Spinach Kiev | 250g | 4.75 | |
| | LINDA MCCARTNEY | | | |
| XL131 | Deep Dish Country Pies | 380g | 2.90 | V |
| | NATURLI' | | | |
| XL312 | Falafel | 325g | 4.95 | GV |
| XL045 | Pizza Capriciossa | 350g | 4.50 | SV |
| XL040 | Pizza Mexicana | 350g | 4.50 | SV |
| XL307 | Tex Mex Pizza | 190g | 2.70 | V |
| XL309 | Vesuvio Pizza | 190g | 2.70 | V |
| | ONE PLANET PIZZA | | | |
| XL306 | Mediterranean Vegetable | 355g | 4.90 | V |
| XL186 | Spicy Peppernomi | 302g | 4.90 | V |
| XL280 | Tex Mex Pizza | 361g | 5.25 | V |
| XL305 | Vegan Hawaiian | 350g | 4.90 | V |
| XL303 | Vegan Three Cheese Margherita | 320g | 4.90 | V |
| | ROOT KITCHEN | | | |
| | Plant Based Ready Meals | | | |
| XL321 | Butternut Squash Lasagne | 400g | 4.50 | SV |
| XL313 | Moussaka | 400g | 4.50 | SV |
| XL319 | Thai Red Curry | 400g | 4.50 | GV |
| XL314 | Tikka Massala with Rice | 400g | 4.50 | SV |
| XL329 | Vegetable Jalfrezi | 400g | 4.50 | SV |
| XL322 | Vegetable Shepherds Pie | 400g | 4.50 | SV |
| | STRONG ROOTS | | | |
| XL288 | Creamy Mac | 350g | 4.50 | V |
| XL293 | Mediterranean Orzo Bake | 350g | 4.50 | V |
| XL301 | Thai Green Vegetable Curry | 350g | 4.50 | GV |
| XL287 | Veggie Masala | 350g | 4.50 | GV |
| XL294 | White Bean and Lentil Stew | 350g | 4.50 | GV |
| | 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 |
| XL007 | Polony | 500g | 4.55 | 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 | | | |
| XL140 | Spicy Bean Burgers | 454g | 4.65 | S |

| code | product | size | rrp | bfgosv |
|-------|-------------------------------|--------|------|--------|
| | LINDA MCCARTNEY | | | |
| XL051 | Lincolnshire Sausages | 300g | 3.10 | V |
| XL130 | Sausages | 270g | 2.60 | V |
| XL254 | Vegetarian Quarter Pounder | 227g | 2.75 | V |
| | NATURLI' | | | |
| XL078 | Vegan Burger | 320g | 4.45 | GV |
| XL086 | Vegan Sausages | 300g | 4.65 | 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 | 3.40 | V |
| | VEGETABLES (FROZEN) | | | |
| | BIO INSIDE | | | |
| XL278 | Organic Asia Vegetable Mix | 400g | 2.95 | OV |
| XL261 | Organic Baby Carrots | 300g | 2.90 | OV |
| XL155 | Organic Garden peas | 300g | 2.00 | GOV |
| XL270 | Organic Mushrooms | 300g | 2.45 | OV |
| XL153 | Organic Sweetcorn | 300g | 2.35 | GOV |
| | NATURAL COOL | | | |
| XL183 | Broccoli | 300g | 3.45 | GOVB |
| XL221 | Chips - Oven or Fry | 600g | 3.50 | BGOV |
| XL156 | Chips - Oven or Fry | 1.25kg | 7.20 | GOVB |
| XL176 | Cut Green Beans | 450g | 2.80 | OVB |
| XL177 | Leaf Spinach Portions | 450g | 2.85 | OVB |
| XL178 | Peas | 450g | 3.60 | GOV |
| XL098 | Potato Wedges | 450g | 2.99 | BGOV |
| XL181 | Sweetcorn | 450g | 3.60 | GOV |
| XL134 | Vegetable Mix | 450g | 3.30 | BGOV |
| | PACK'D | | | |
| XL195 | Organic Cauliflower Rice | 450g | 3.15 | OV |
| XL189 | Organic Loose Leaf Spinach | 450g | 3.15 | OV |
| XL228 | Organic Petit Pois | 450g | 3.15 | OV |
| XL239 | Organic Super Sweet Sweetcorn | 450g | 3.15 | OV |
| XL203 | Organic Sweet Potato Chunks | 450g | 3.15 | OV |
| | 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 |

Suma

CO-OPERATIVE SINCE 1977

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