

Summa

CO-OPERATIVE SINCE 1977

FROZEN

MAR - APR 2024

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)				
PUKPIP				
XL335	Milk Chocolate Dipped Bananas	12 x 3 x 70g	3.79	S
XL337	White Chocolate Dipped Bananas	12 x 3 x 70g	3.79	S
ROSKILLYS				
120ml Tubs				
XL174	Caramel Crunch Ice Cream	24 x 120ml	1.89	OS
XL171	Chocolate Ice Cream	24 x 120ml	1.89	OS
XL170	Clotted Cream Vanilla Ice	24 x 120ml	1.89	OS
XL173	Mint Choc Chip Ice Cream	24 x 120ml	1.89	OS
XL172	Strawberry Ice Cream	24 x 120ml	1.89	OS
500ml Tubs				
XL219	Caramel Crunch Ice Cream	6 x 500ml	5.95	OS
XL325	Chocolate Ice Cream	6 x 500ml	5.95	OS
XL326	Mint Choc Chip Ice Cream	6 x 500ml	5.95	OS
XL327	Strawberry Ice Cream	6 x 500ml	5.95	OS
XL220	Vanilla Ice Cream	6 x 500ml	5.95	OS
YEO VALLEY				
XL347	Mint Chocolate Chip Ice Cream	6 x 500ml	5.49	OS
XL248	Sea Salted Caramel Ice Cream	6 x 500ml	5.49	OS
XL246	Vanilla Ice Cream	6 x 500ml	5.49	OS
Kefir Ice Cream				
XL159	Blueberry Kefir Ice Cream	6 x 480ml	5.49	OS
XL158	Strawberry Kefir Ice Cream	6 x 480ml	5.49	OS
DESSERTS, NON-DAIRY (FROZEN)				
BOOJA-BOOJA				
110ml Tubs				
XL258	Caramel Pecan Ice Cream	22 x 110ml	2.10	GOSV
XL031	Deeply Chocolate Ice Cream	22 x 110ml	2.10	GOSV
XL340	Mango & Raspberry Ice Cream	22 x 110ml	2.10	GOSV
XL410	Vanilla Ice Cream	22 x 110ml	2.10	GOSV
465ml Tubs				
XL263	Caramel Pecan Ice Cream	6 x 465ml	5.69	GOSV
XL013	Choc Fudge Brownie Ice Cream	6 x 465ml	5.69	GOSV
XL259	Choc Salted Caramel Ice Cream	6 x 465ml	5.69	GOSV
XL002	Cookie Dough Ice Cream	6 x 465ml	5.69	GOSV
XL033	Deeply Chocolate Ice Cream	6 x 465ml	5.69	GOSV
XL023	Mango & Raspberry Ice Cream	6 x 465ml	5.69	GOSV
XL038	Vanilla Ice Cream	6 x 465ml	5.69	GOSV
GRIDDLE				
XL207	Blueberry Wholegrain Waffles	8 x 200g	3.40	V
XL342	Choc-Chip Protein Waffles	8 x 200g	3.60	S
XL208	Choc-Chip Wholegrain Waffles	8 x 200g	3.40	V
XL341	Original Protein Waffles	8 x 200g	3.60	S
XL206	Original Wholegrain Waffles	8 x 200g	3.40	V
LICK				
Oat-Based Vegan Ice Cream				
XL331	Cookies & Cream Ice Cream	6 x 480ml	4.99	SV
XL330	Mint Chocolate Ice Cream	6 x 480ml	4.99	SV
XL328	Raspberry Ripple Ice Cream	6 x 480ml	4.99	SV
XL317	Vanilla Ice Cream	6 x 480ml	4.99	SV
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
XL286	Mango Ice Cream Sandwich	12 x 115ml	4.99	VS
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

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XL249	Too Choc Ice Cream Sandwich	12 x 115ml	4.99	V
XL277	Very-Dandy Ice Cream Sandwich	12 x 115ml	4.99	V
	PUKPIP			
XL334	Dark Chocolate Dipped Bananas	12 x 3 x 70g	3.79	SV
	SWEDISH GLACE			
XL017	Juicy Raspberry	6 x 750ml	5.25	SV
XL018	Rich Chocolate	6 x 750ml	5.25	SV
XL016	Smooth Vanilla Ice Cream	6 x 750ml	5.25	VS
	FRUIT (FROZEN)			
	NATURAL COOL			
XL142	Organic Berry Mix	10 x 300g	4.85	GOV
XL034	Organic Blackberries	10 x 300g	4.99	OV
XL145	Organic Blueberries	10 x 300g	4.70	GOV
XL043	Organic Curly Kale	8 x 450g	2.99	OV
XL005	Organic Mango	10 x 300g	4.99	OV
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
XL036	Organic Tropical Fruit Mix	10 x 300g	4.99	OV
	PACK'D			
XL252	Organic Blueberries	10 x 300g	5.50	OV
XL148	Organic Cherries	10 x 300g	5.25	OV
XL356	Organic Mango	10 x 300g	5.25	OV
XL133	Organic Raspberries	10 x 300g	6.80	OV
XL135	Organic Strawberries	10 x 300g	5.25	OV
XL188	Organic Summer Berries	10 x 300g	5.50	OV
XL355	Ripe & Creamy Sliced Banana	10 x 300g	2.95	V
	WINDMILL HILL			
XL282	British Organic Blackcurrants	12 x 400g	3.75	OV
XL279	British Raspberries	12 x 300g	3.75	V
XL283	British Summer Fruits	12 x 330g	3.75	V
XL084	British Sweet Eating Selection	12 x 330g	3.75	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	10 x 200g	5.20	GV
	FRYS			
XL010	Chicken Style Strips	10 x 380g	4.00	V
XL006	Golden Crumbed Schnitzels	6 x 320g	3.55	V
XL363	Mini Kiev's	12 x 300g	4.50	GV
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	Vegetemince	8 x 500g	4.35	V
	NATURLI'			
XL101	'Shape Me' Vegan Mince	8 x 300g	4.65	GV
XL065	Schnitzel	8 x 300g	4.65	GV
XL071	Vegan Balls	8 x 300g	3.95	GV
	OUMPH!			
XL364	Mexican Fajita Strips	10 x 280g	4.50	SV
	QUORN			
XL069	Bacon Style Strips	8 x 150g	4.50	
XL056	Chicken Style Pieces	12 x 300g	3.60	

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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	CV
THIS				
XL284	Plant Based Chicken Nuggets	8 x 250g	3.60	V
XL339	Plant Based Chicken Pieces	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
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)				
BEYOND MEAT				
XL015	Chilli Non Carne	6 x 350g	3.79	GSV
XL366	Keema Curry	6 x 350g	3.79	GSV
XL369	Spaghetti Bolognese	6 x 350g	3.89	SV
CLIVE'S				
	Gluten Free Pies			
XL030	Chickpea Tagine Pie	6 x 235g	4.10	GOSV
XL114	Mushroom & Leek Pie	6 x 235g	4.10	GOV
XL308	Saag Aloo GF Pie	6 x 235g	4.10	GOV
	Nut Roasts			
XL338	Organic Nut Roast	6 x 280g	6.40	GOSV
XL044	Organic Nut Roast	4 x 600g	13.35	GOV
	Puff Pastry Pies			
XL200	Beefy Ale Puff Pie	6 x 235g	4.10	OV
XL201	Chickeny Puff Pie	6 x 235g	4.10	OV
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
XL057	Red Pepper & Harissa Quiche	4 x 380g	5.55	OV
	Sausage Rolls			
XL049	Vegan Sausagey Rolls	4 x 160g	3.65	OV
	Tarts			
XL323	Bombay Curry Tart	6 x 195g	4.00	GOSV
XL050	Rustic Tart	4 x 380g	5.15	V
XL336	Tomato and Olive Tart	6 x 195g	4.00	GOSV
	Wholemeal Pies			
XL105	Creamy Cauliflower Pie	6 x 235g	3.95	OV
XL025	Mushroom Pie	6 x 235g	3.95	OSV
XL020	Saag Aloo Wholemeal Pie	6 x 235g	3.95	OSV
FRYS				
XL234	Sausage Rolls	10 x 400g	3.90	V

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	GOODLIFE			
XL265	Falafel	6 x 280g	3.45	GV
XL253	Mushroom & Spinach Kiev	6 x 250g	4.75	
	JAM 'N' VEGAN			
XL352	Butter Chick Curry	9 x 395g	6.40	SV
XL349	Chettinad Coconut Masala	9 x 350g	6.40	SV
XL350	Indian Dhal Coconut Sambol	9 x 345g	6.40	SV
XL348	Indo-Chinese Chick Curry	9 x 342g	6.40	SV
XL344	Jamaican Jackfruit	9 x 400g	6.40	SV
XL351	Mac N Cheeze	9 x 340g	6.40	V
XL353	Mughlai Garlic Curry	9 x 393g	6.40	SV
XL354	Tuk Tuk Tikka Tofu Paneer	9 x 320g	6.40	V
	LINDA MCCARTNEY			
XL131	Deep Dish Country Pies	8 x 380g	2.90	V
	NATURLI'			
XL312	Falafel	8 x 325g	4.95	GV
XL045	Pizza Capriciossa	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			
XL305	Hawaiian Vegan Pizza	6 x 329g	5.45	V
XL303	Margherita Pizza	6 x 301g	5.45	V
XL186	Peppernomi Pizza	6 x 311g	5.45	V
XL280	Tex Mex Pizza	6 x 361g	5.45	V
	PACK'D			
	Goodness Bowls			
XL358	Asian Sticky Soy & Sesame Bowl	12 x 350g	4.99	SV
XL362	Smokey Mexican Bean Bowl	12 x 350g	4.99	V
XL359	Thai Green Curry Bowl	12 x 350g	4.99	SV
	STRONG ROOTS			
XL288	Creamy Mac	9 x 350g	4.50	V
XL293	Mediterranean Orzo Bake	9 x 350g	4.50	V
XL301	Thai Green Vegetable Curry	9 x 350g	4.50	GV
XL287	Veggie Masala	9 x 350g	4.50	GV
XL294	White Bean and Lentil Stew	9 x 350g	4.50	GV
	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	12 x 320g	4.50	V
XL009	Hot Dogs	10 x 360g	4.20	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			
XL140	Spicy Bean Burgers	7 x 454g	4.65	SV
	LINDA MCCARTNEY			
XL051	Lincolnshire Sausages	8 x 300g	3.10	V
XL130	Sausages	8 x 270g	2.60	V
XL254	Vegetarian Quarter Pounder	8 x 227g	2.75	V
	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

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	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
XL155	Organic Garden peas	12 x 300g	2.20	GOV
XL270	Organic Mushrooms	12 x 300g	2.45	OV
XL153	Organic Sweetcorn	12 x 300g	2.50	GOV
	NATURAL COOL			
XL183	Broccoli	8 x 300g	3.45	GOVB
XL221	Chips - Oven or Fry	12 x 600g	4.50	BGOV
XL176	Cut Green Beans	8 x 450g	2.99	OVB
XL177	Leaf Spinach Portions	8 x 450g	3.50	OVB
XL178	Peas	8 x 450g	4.50	GOV
XL098	Potato Wedges	12 x 450g	3.65	BGOV
XL134	Vegetable Mix	8 x 450g	3.30	BGOV
	PACK'D			
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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