

KORU

Peaceful Pizza

Peaceful Starters

A Dish of Marinated Olives (V, NGI) £5

Feta & Olive Dish (V, NGI) £6

*Fresh Feta & Marinated Mediterranean Olives,
Light Drizzle of Chilli Oil.*

Baked Dough Balls with Garlic Butter (V) £6

Sharing Plate of Baked Doughballs
with a Trio of Dips (V) £9

Platter of 16 Freshly Baked Doughballs with a selection of our
Lovely Basil Pesto, Fresh Garlic Butter, &
a Beautiful Sweet Chilli Tomato Sauce

Pizza Garlic Bread

Brushed with Garlic Butter (V, NGIO) £7

Add Pulped Tomato & Fresh Basil £1

Add Melted Mozzarella £1

Focaccia (V, VE) £7

*For Sharing- Freshly Baked Rosemary Focaccia
& Balsamic and Virgin Olive Oil Dip*

Koru' Sharing Boards (NGIO) £12

Choose from:

***Primavera** - Queen Green Olives, Sliced Chorizo, Sun-Blush

Tomatoes, Parma Ham, Manchego Wedges with Honey,

Koru Beetroot Hummus & Koru Crostini: OR

***Mindful Meze (V)** -Koru Fresh Tzatziki, Queen Green Olives

with Feta, Sweet Roasted Red Pepper with Sun-blush Tomatoes,

Koru Beetroot Hummus, with warm,

garlic oiled' Flatbread

Koru Beetroot Hummus (V, NGIO) £7

Served with Crostini

Freshly Baked Bruschetta £7

With Either-

Fresh Chorizo, Black Pudding & Mozzarella

with Sweet Chilli & Tomato Dressing.

Or Caramelised Onion, Fresh Goats Cheese,

Fresh Rosemary & Wild Rocket (V)

Koru Baked Mushrooms (NGI) £7

Oven Roasted Mushrooms Baked with Garlic Butter &

Mozzarella with a splash of Worcestershire Sauce.

Add Fresh Baked Ciabatta (Not NGI) £1

Fresh Mozzarella (V, NGI) £7

With Vine Ripened Tomatoes, Fresh Basil, Olives

Peaceful Light Lunch

(Available from Midday until 3pm)

Replenishing Soup with freshly baked Ciabatta £7.50

Toasted Focaccia Sandwiches Choose from : All £8

* Tuna Melt - Tuna Mayo, Vintage Cheddar

*Fresh Mozzarella, Vine Tomato & Basil Pesto

*Continental Meats- Parma Ham, Chorizo, Sunblushed

Tomato, Crushed Green Olives & Tzatziki

*Tuscan Sausage & Pancetta- Add Brown Sauce or Ketchup

*Chicken Tikka - Fresh Spinach, Fresh Red Onion, Spicy

Mango Chutney, Mozzarella (Toasted)

(NGIO -Please note that all sandwiches can be enjoyed
using gluten free sliced bread- either White or Seeded)

Topped Jacket Potato Choose from: All £8

*Spicy Manzo Picante Beef & Vintage Cheddar

*Cheddar & Spring Onion

*Tuna Mayo

ADD A LOVELY SIDE SALAD or KORU SLAW-EACH £1

Peaceful Pizzatini-

*Our Artisan Pizza dough...just slightly smaller & perfectly formed into
a 7" pizzatini, served with our lovely side salad*

*Mozzarella, Tomato & Fresh Basil £8

*Chorizo, Roasted Fresh Peppers, Fresh Rosemary,

Mozzarella, Tomato & A Drizzle of Fresh Honey £9

*Fresh Roasted Aubergine, Fresh Goats Cheese,

Caramelised Onion, Fresh Thyme, Garlic Oil & Tomato £9

*Sweet Roasted Red Pepper, Feta, Red Onion, Queen

Green Olives, Tomato, Chilli Oil & Mozzarella £8

*Coastal Calm - Prawns, Tuna, Anchovies,

Fresh Red Onion, Black Olives, Capers, Tomato &

Mozzarella, with Fresh Lemon & Parsley £9

Rainbow Dancer £12

Our Rainbow 7" Pizzatini (Fresh Pepper, Olives, Red Onion, Sun

Blush Tomatoes, Mushroom, Spinach, Mozzarella & spiralled with

sriracha sauce), served with a side serving of our Rainbow

Chaser Superfood Salad - a Mindful mix of Salad Leaves, Fresh

Spinach, Vine Ripened Tomatoes, Fresh Cucumber with your choice

of any TWO of: Koru Beetroot Hummus, Cashew Nuts, Fresh

Pepper, Pumpkin Seeds, Fresh Raw Mushrooms, Jackfruit,

Fresh Spring Onion, Feta Cheese, Queen Green Olives,

Sweetcorn, Pineapple, Koru Coleslaw, Fresh Tuna Mayo, Boiled

Egg, Sunblush Tomatoes (Extra topping £2)

Salad finished with your choice of -

Koru Creamy Dressing or Balsamic Glaze (Both NGI)

Koru Dips (NGI) £1.50

Choose Between Either:

Fresh Garlic Mayonnaise (V), Koru Creamy Vinaigrette (V), BBQ

Dip (VE), Tomato & Sweet Chilli (VE), Basil Pesto (V), Garlic

Butter(V) or Sweet & Smoky Chipotle (VE)

Koru 83b Salters Road, Gosforth, NE3 1DU - Telephone 0191 816 1154 Instagram/ Facebook: @koru.uk #peacefulpizza Website: www.korupeacefulpizza.co.uk

Please tell us if you have any allergies before you order as we work in an open kitchen with nuts & other allergens including Gluten.

Items can't be guaranteed as totally 'Allergen Free'. If you require more information, please speak to a member of the Team

(V) Vegetarian, (VE) Vegan, (NGI) No Gluten Ingredient (NGIO) 'No Gluten Ingredient' Option/Alternatives

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KORU

Peaceful Pizza

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Margherita (V, NGIO) £12

Mozzarella, Tomato & Fresh Basil

Wilderness Smokey BBQ (NGIO) £14

Fresh Pancetta, Fresh Peppers, Chicken, Fresh Red Onion, Mozzarella, Chargrilled Pineapple & a Campfire BBQ Base -
For Extra Spice Add Jalapenos £1

Funghi (V, NGIO) £13

Mushrooms, Mozzarella & Tomato

ADD Fresh Ham (Not V) £2- OR ADD Pineapple £1

Americana (NGIO) £14

Pepperoni Sausage, Mozzarella & Tomato,

ADD Hot Green Peppers for Extra Spice £1

Manzo Picante (NGIO) £15

Charlotte's Beef Steak Mince Sautéed with Chilli, Fresh Peppers, Red Onion, Tomato, Mozzarella -Extra Spice? ADD Jalapenos £1

Caprino (V, NGIO) £14

Fresh Goats Cheese, Fresh Spinach, Sunblushed Tomato, Pine Nuts, Mozzarella, Tomato & A Drizzle of Basil Pesto

Florentina (V, NGIO) £13

Fresh Spinach, Free Range Egg, Olives, Fresh Garlic, Mozzarella, Tomato & Fresh Parmesan ADD Anchovies (Not V) £2

The Koru (V, NGIO) £14

Fresh Wilted Spinach, Sweet Roasted Peppers, Jack Fruit, Fresh Red Onion, Sunflower & Pumpkin Seeds, Pomegranate Chutney, Sumac, Mozzarella, Tomato

Aubergine, Caramelised Onion

& Fresh Thyme (V, NGIO) £15

Fresh Roasted Aubergine, Roasted Red Peppers, Caramelised Onion Chutney, Thyme, Fresh Goats Cheese, Mozzarella, Tomato

Pizza Carbonara (NGIO) £14

Fresh Pancetta, Free range Egg, Fresh Parmesan, Béchamel Base, Mozzarella & Fresh Parsley

Peaceful Parma (NGIO) £15

Fresh Parma Ham, Black Olives, Tomato, Mozzarella, Fresh Wild Rocket, Fresh Parmesan, Balsamic Glaze & Fresh Lemon

Nomad (NGIO) £16

Persian Inspired Ground Lamb (sourced locally from Charlotte's Butchers), on a white bechamel base, with Roasted Aubergine, & Mozzarella Cheese, finished with chopped hazelnuts & freshly made Preserved Lemon Gremolata

Anatra £15

Peking Duck, Plum & Hoi-Sin Sauce, Mozzarella, Fresh Spring Onions & Cucumber

Coastal Calm (NGIO) £16

Prawns, Tuna, Anchovies, Fresh Red Onion, Black Olives, Capers, Tomato & Mozzarella- Finished with Fresh Lemon & Parsley

Pizza Sansara (V, NGIO) £15

A rich Pesto base topped with fresh Spinach, Sun Blush Tomatoes, Goats Cheese, chopped Pecans, with a drizzle of hot honey.
If you love more heat - ADD jalapenos £1

Pizza Cosmos (V, NGIO) £14

Blue Cheese, Fresh Pear, Walnut Pieces & Fresh Spinach, on a Bechamel Base, finished with a little Mozzarella & a drizzle of Garlic Oil ADD Pancetta (Not V)- £2

Chicken Tikka (NGIO) £15

Tikka Chicken Breast, Red Onions, Fresh Peppers, Cashew Nuts, Fresh Lime, Mozzarella, Spicy Mango & Mint Dressing

Artisan Tuscan Sausage, Caramelised Onion & Fresh Rosemary (NGIO) £15

Artisan Tuscan Sausage, Caramelised Red Onion, Blue Cheese, Fresh Rosemary, Mozzarella & Tomato

Chicken Caesar Pizza (NGIO) £13

Sliced Chicken Breast, Romaine Lettuce, Fresh Parmesan, Mozzarella & Koru Dressing - ADD Fresh Pancetta £2

Pizza Ventura (NGIO) £16

Fresh Chorizo, Fresh Parma Ham, Roasted Red Pepper, Light Dust of Chilli Flakes, Tomato, Mozzarella & Drizzled with Fresh Hot Honey. For a Little Extra Spice ADD Jalapenos £1

Greek (V, NGIO) £14

Peperonata, Marinated Olives, Red Onions, Sunblushed Tomato, Feta, Tomato, Mozzarella & Chilli Oil

The Rainbow (V, NGIO) £14

Fresh Spinach, Fresh Peppers, Queen Green Olives, Red Onion, Sunblush Tomatoes, Fresh Mushrooms, Mozzarella & spiralled with Sriracha Sauce

Andalucia (NGIO) £14

Fresh Chorizo, Queen Green Olives, Fresh Mixed Peppers, Chilli Oil, Tomato, Mozzarella & Fresh Manchego-
Add Black Pudding (Not NGI) £2- ADD Jalapenos £1

EXTRA INGREDIENTS AVAILABLE

Tuna, Prawns, Pepperoni, Chicken, Duck, Fresh Pancetta, Manzo, Feta, Anchovies, Parma Ham, Goats Cheese - £ 2 each
Any Other Pizza Ingredient - £ 1 Per Item

Alternative Dietary Options:

*ALL 'NGIO' PIZZAS CAN BE PREPARED USING PIZZA DOUGH WITH NO GLUTEN INGREDIENTS - £2 EACH

*WE ALSO OFFER VEGAN CHEESE AS AN OPTION IN PLACE OF MOZZARELLA

KORU

Peaceful Pizza

Peaceful Pasta & Oven Bakes

Lasagne £14

*Pasta, Bolognese, Béchamel, Mozzarella, Tomato
& Fresh Parmesan*

Chicken & Pesto Pasta (NGI) £14

*Fusilli Pasta in a Creamy Pesto Sauce with Chicken Breast &
Fresh Wilted Spinach. Finished with Fresh Parmesan,
Pine Nuts & Fresh Parsley*

Melanzane (V, NGI) £13

Roasted Aubergine, Béchamel, Fresh Parmesan, & Tomato

Cannelloni (V) £13

*Spinach & Ricotta Filled Cannelloni, Tomato,
Mozzarella & Fresh Parmesan*

Chicken & Spicy Chorizo Pasta (NGI) £14

*Pasta, Chicken Breast, Spicy Chorizo & Mozzarella,
baked in a lightly spiced tomato & basil sauce*

Seasonal Tagine (VE, NGIO) £13

*Roasted Butternut Squash, Red Onion Wedges, Chickpeas &
Cranberries in a Sweetly Spiced Tagine –
Served with Toasted Ciabatta (Not NGI)*

Koru Kids £8

(AVAILABLE ALONGSIDE ANY ADULT MAIN)

7" Margarita Pizza
with any two toppings
(NGIO 11" Pizza base £2 extra)
OR

Oven Baked Peacefully Plain Pasta (NGI)
(Created with our younger guests in mind &
for those preferring more plain flavours)
baked in a simple, unseasoned, Tomato Sauce,
topped with Melted Mozzarella (VO) & finished
with Fresh Parmesan (V). With a choice of one
extra favourite ingredient: Tuna, Sweetcorn,
Chicken, Pepperoni or Black Olives etc

PLUS

Ice cream (Various Wonderful Flavours, 1 Scoop)
& Carton of Cawston Fruit Juice or
Glass of Milk

(OR Choose the Pizza or Pasta only - £5 each)

**Just ask us for some Peaceful Colouring Books
& pens & you're invited to visit our
Koru Little Library (in reception)!**

Peaceful Sides & Salads

Koru Coleslaw (V, NGI) £4

Fresh Lemon & Garlic Dressing

Koru Beetroot Hummus (V, NGIO) £7

Dressed With Pesto & Served with Crostini

Mixed Leaf Side Salad (VO, NGI) £5

*Mixed Salad Leaves, Vine Ripened Tomato, Cucumber
& Koru Creamy Vinaigrette*

Tomato & Onion Side Salad (VE, NGI) £5

*Vine Ripened Tomatoes, Red Onions
& Balsamic Oil Dressing*

Rocket & Parmesan Side Salad (V, NGI) £6

*Fresh Rocket, Fresh Parmesan, Dressed with
a Balsamic Reduction & Fresh Lemon*

Koru Roast New Potatoes (V, NGI) £5

*Roasted fresh every day, tossed in olive oil, fresh rosemary,
fresh garlic & sea salt. Served with a choice of either
Fresh Garlic Mayo or Sweet & Spicy Chipotle Sauce*

Koru Niçoise (V, NGIO) £14

*Flaked Tuna, Olives, Anchovies, Capers, Free Range Egg,
Salad Leaves, Vine Ripened Tomatoes, Cucumber
& Koru Creamy Vinaigrette
Served With Freshly Baked Dough Balls (Not NGI)*

Fresh Goats Cheese Salad (V, NGI) £12

*Baked Fresh Goats Cheese, Sunblushed Tomatoes, Pine Nuts,
Olives, Mixed Salad Leaves, Drizzled with Sweet Chilli
& Tomato Dressing*

Rainbow Chaser Salad Bowl (NGIO) £13

*Superfood Salad with our Mindful mix of Salad Leaves, Fresh
Spinach, Vine Ripened Tomatoes, Fresh Cucumber &
add your choice of FOUR of the following-*

*Koru Beetroot Hummus, Cashew Nuts, Fresh Pepper, Pumpkin
Seeds, Fresh Raw Mushrooms, Jackfruit, Fresh Spring Onion,
Feta Cheese, Queen Green Olives, Sweetcorn, Pineapple, Koru
Coleslaw, Fresh Tuna Mayo, Boiled Egg, Sunblushed Tomatoes,
Toasted Ciabatta (Not NGI)*

Only £2 per extra item

ALSO: Rainbow Chaser is finished with
your preference of either;

Koru Creamy Dressing (NGI) or Balsamic Glaze

Koru Dips (NGI) £1.50

*Choose Between Either - Fresh Garlic Mayonnaise (V), Koru
Creamy Vinaigrette (V), BBQ Dip (VE), Tomato & Sweet
Chilli (VE), Sweet & Smoky Chipotle (VE)
Basil Pesto (V) or Garlic Butter (V)*

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Peaceful Pizza

Peaceful Puddings

*Cartmel Sticky Toffee Pudding	£8
*Cartmel Sticky Banana Pudding	£8
* Warm Chocolate Fudge Cake (NGI)	£7
* Basque Cheesecake (NGI)	£7

(All served with a choice of fresh cream or a scoop of vanilla icecream)

*Wonderful Warm Waffle	£8
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(Served with a choice of icecream & chocolate, toffee or strawberry sauce)

Ice cream, Gelato & Sorbets (NGIO/ VO)

Artisan Gelato & Sorbet	Two scoops	£6
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Ask about our delectable choice of flavours

Affogato /Lux (with Liqueur)	£6/8
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Sublime Sundaes Choose from:	£8
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Tirimasu Sundae, Sunrays Sundae & Choc Sundae

Peaceful Cakes (See our Cake Cabinet)
Enjoy any of our daily cakes warmed, with fresh cream or a scoop of vanilla ice cream -ADD £2

**Our whole menu is also available to
takeaway & dine at home.**

**We can help with pre-orders to secure
your preferred collection time.
(Only alcohol sales are excluded)**

Peaceful Soft Drinks

Apple or Orange Juice	£3
Cawston Press (Various) 33cl	£3.50
Bottle Coca-Cola & Diet Coke 33cl	£4
Karma Lemonade	£3
Trip Mindful Sparkling Botanical (Various)	£4.50
Ginger Beer	£3.50
Still Mineral Water	£3
San Pellegrino Sparkling Mineral Water 500ml/750ml	£4/6

Beers, Spirits and Lovely Liqueurs

Beer by the bottle Choose from:	33cl	£4.50
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Peroni, or Zero Moretti (No Alcohol)

Craft Beer, 'Heart & Soul' (NGI, 4.4%)	33cl	£7
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Vocation Brewery, World Beer Awards Gold Winner

Aperol Spritz Aperitivo over ice (200ml)	£7
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Selection of Spirits & Liqueurs Choose from	£5
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Amaro Montenegro, Baileys, Amaretto Di Saronno, Limoncello, Tia Maria, Vodka, Selection of Gins, Rum, Jack Daniels, Selection of Whisky

Tonic water and mixers	£3
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Peaceful White Wine

Land Of Plenty Sauvignon Blanc	75cl	£26
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Marlborough, New Zealand	175ml	£7
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This vibrant and full-bodied Sauvignon Blanc offers a lively fresh palate with crisp citrus notes, balanced with nuances of passionfruit and melon.

Trevisana Pinot Grigio Della Venezie	75cl	£26
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Veneto, Italy, Bio Organic	175ml	£7
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Fresh, harmonious and well-bodied. The bouquet is delicate and fruity with a hint of apple, almonds and fig.

Peaceful Red Wine

Archivio Primitivo Puglia IGT	75cl	£26
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Veneto, Italy (VE)	175ml	£7
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A Beautiful full-bodied red wine offering a lovely explosion of raspberries, ripe black cherries & blueberries on the nose. Silky warm tannins enchant the palate making this wine is captivating and perfect for a peaceful pause.

Giant Old Vine Red	75cl	£26
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California	175ml	£7
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Fruitful, robust and punchy. Giant brings together Merlot and Syrah (both old vines) with a few splashes of juicy Zinfandel into an utterly outstanding fruity red wine. A glorious violet colour with a huge fruit nose fronted by bold cherry. In short, its fruity sweet, delicious. Mid to full bodied red wine. Winner of 4* in Harpers Wine Stars 2022.

Peaceful Sparkling Wine

Trevisana Prosecco	20cl	£7
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Veneto, Italy (VE)
Personal Serving 200ml individual bottle. Lovely, light, velvety & aromatic. Flavours of pear & blossom.

Ballancin Prosecco Superiore DOCG	75cl	£26
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Conegliano-Valdobbiadene, Italy
The aromas are rich in floral hints (acacia and pink flowers) and fruity (green apple, & citrus). Notes of honeydew melon, pear and honeysuckle.

Peaceful Rose Wine

Bieler Pere et Fils	75cl	£26
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Provence, France
This is a wonderful Provence Rose. A perfect combination of raspberry, cheerful peach, sweet red berries & citrus.

Beautiful BYO - 'Bring your own'

At KORU we also invite you to BYO!

You are welcome to bring along your own
WINES & BEERS (soft drinks excluded)
to enjoy alongside MAIN MEALS. There is a
Corkage charge of only £2 per person (to help
contribute towards our glassware & serving costs)

KORU

Peaceful Pizza

Peaceful Teas £3.50

Shibui Organic Speciality Teas, Choose from:

- *Earl Grey
- *English Breakfast Tea
- *Decaffeinated Breakfast Tea
(produced using the CO2 natural method)
- *Chamomile (restful & soothing)
- *Berry Hibiscus (the perfect pick me up)
- *Peppermint (refreshing, & aids digestion)
- *Lemongrass & Ginger (Immune boosting/anti-inflammatory)
- *Tropical Sencha Green Tea (Mood boosting & focus)
- *Jasmine Pearl Green Tea (Aromatic & fragrant, promotes relaxation & supports gut health)

Peaceful Coffee

*Our *House Coffee* is Rountons' "Granary" blend with flavours of chocolate, hazelnut & caramel.

*Our *Decaf Coffee* is Rountons' "Cha, Cha", a peruvian, Sparkling Water Whole Bean, with notes of dark chocolate, cherry & brown sugar.

*All coffees are made with our San Remo Espresso machine from Venice

*All available to takeaway

(Bring your own refillable cup for a 50p reduction).

Americano/ Iced	£3.50
Long Black	£3.50
Espresso	£3
Flat White / Cortado	£4
Latte / Iced	£4.50
Cappuccino	£4
Hot Chocolate	£4.50
Mocha / Iced	£4.50
Sticky Toffee Latte	£4.50
Chai latte / Iced	£4.50
Dirty Chai	£4.50
Rose Latte / Iced	£4.50
(Using Organic Rose Essence from Yorkshire)	
Matcha Latte / Iced	£4.50
(Using Pure, Organic, Ceremonial Grade Japanese Matcha Green Tea from Kyoto)	
Affogato/Lux	£6/8
Liquor Coffee	£7

Our delicious coffee with a choice of liquor, topped with cream:

Choices include: Baileys, Amaretto, Tia maria; or Whisky

Agave or 'FREE BIRD' SYRUPS (Various available) 50p

MILK ALTERNATIVES – Oat milk (NGI) - Free swop!

DAIRY MILK – ACORN ORGANIC DAIRY

Puppacino On the house for all Peaceful Puppies!

Peaceful Vibes

'KORU' ...a spiral shape based on the unfurling fern frond, symbolising new life, growth, strength & peace

We often get asked what Pizza has to do with Peace. The answer to this is simple for us.....Everything! (Even so, the irony of us seeking to create a sense of Peace in a busy Pizzeria never escapes us!)

Our inspiration for Koru Peaceful Pizza came from the personal belief that to truly relish life, and evolve on a rewarding and authentic path, it helps to attain a sense of Peace. At Koru we always hoped to offer a space that was welcoming and conducive to guests finding some sanctuary from the hustle of daily life.

Originally, we anticipated that we would manifest peace in all areas of life, both at Koru and home! However, since we founded Koru in 2020 it has taught us many lessons, including the fact that it is almost impossible to constantly orchestrate conditions that are objectively 'peaceful'! We have needed to let go of that as a goal, along with our perfectionism... instead choosing to refocus on how best to sustain a sense of inner peace.

Even with this we have needed to embrace reality and acknowledge that to be human means accepting all emotions. We realised that by being too blinkered in seeking 'Peace' was having the opposite effect...because it created resistance to real life whenever it didn't present peacefully or induce inner peace! And so it is that Koru Peaceful Pizza helps us to explore finding acceptance with whatever life has in store. This remains something of a quest to fully feel into the meaning of 'Koru', and we always look for the chances to celebrate new life, growth, and strength alongside peace. We often notice the spirals that bring us back to important lessons!

To support us in all of this we have found strength over and over again from some of our deepest passions...First and foremost, Nature is our bedrock which endlessly re-inspires and invigorates us. We also value food as a vital aspect of a fulfilled and fruitful life. We consider it an everyday opportunity for us all to nourish ourselves, gain simple pleasure, and connect to those around us. Connection, whether as a community, with family & friends or more personally with ourselves is also something we relish. This trilogy is the true Treasure of life for us – both at Koru and at Home.

Our own personal journeys' since 2020 have also taught us the importance of taking time to rest, and relish our food. Peace is rarely found without this. We appreciate that we all have personal and individual relationships with food. Whatever our food needs and preferences, we believe that connection with loved ones, ourselves, and our food is best experienced when feeling free from, or at least at peace with, tensions and worries. And so it is that our concept of a peaceful pause was created.

If you feel curious to explore this for yourself, we invite you to consider simply taking time to pause & rest, even for a moment, to reset before beginning your meal. One way to help you to relax into your space can be the beneficial practice of conscious breathing.... How? Simply begin to notice your breathing and take some slow, quiet, steady breaths through your nose for a few moments; Extend your exhale so that it's slightly longer than your inhale. This technique helps to activate the bodies 'rest and digest' state' and settle any 'fight or flight' symptoms that we can often carry with us unconsciously through a busy day. It really is that simple to make a start! If you would like to learn more, please ask our team about our 'Inspiration Stations' where you can find a range of books that explore topics like these in more detail, which you are welcome to borrow and enjoy during your visit. You can also visit us on social media @koru.uk for more mindful thoughts and musings!

**We hope you enjoy your peaceful pause
& time at Koru x**

Koru 83b Salters Road, Gosforth, NE3 1DU - Telephone 0191 816 1154 Instagram/ Facebook: @koru.uk #peacefulpizza Website: www.korupeacefulpizza.co.uk

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