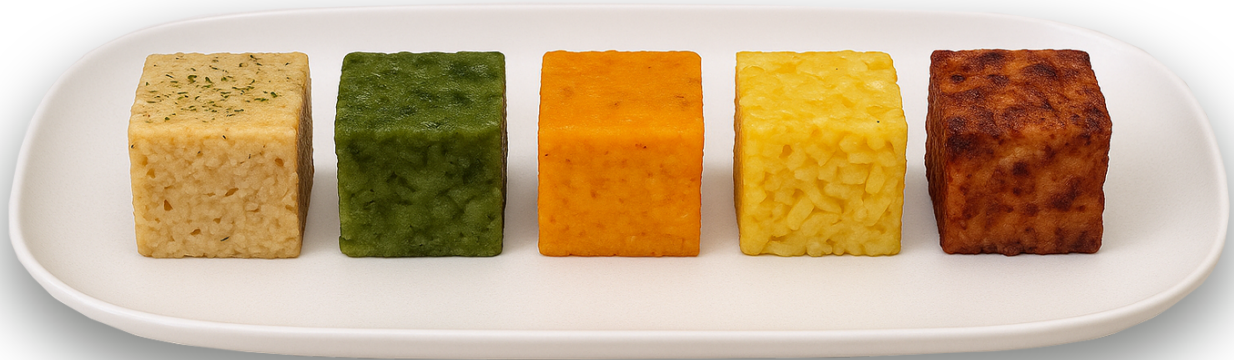


PREPARED FOR:
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MODULAR FUTURES: THE BIO-BRICK COLLECTION

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NUTRITION & NATUROPATHY

Introduction

Modular Futures: The Bio-Brick Collection

As part of Override's ongoing exploration of functional gastronomy, this collection of 20 modular Bio-Brick concepts offers a bold new way to integrate nutrition, narrative, and neurogastronomy into the menu. Each cube or sphere is designed to deliver a specific physiological or emotional effect—from stress relief to skin hydration, from neuroplasticity to liver support—using ingredients rooted in both traditional medicine and future-facing food systems. They are compact, versatile, and visually striking, with flavours that align with Override's experimental style and sensorial storytelling. Whether served as a standalone course, add-on, or edible ritual, these Bio-Bricks invite guests to engage with their food not just as flavour, but as function.

1) Clarity – Cognitive Lift



Narrative: This is your prelude to sharpness. Designed to cut through social haze, this cube delivers calm alertness and conversational clarity. Green and clean, it's matcha-bright, herb-lifted, and sprout-fresh. A mental switch-on, not a deep dive. It primes the nervous system gently, making it ideal just before social interaction or food.

Purpose: Quick, light, cognitive lift – boosts attention span, short-term memory, and sensory readiness without overstimulation.

Ingredients:

- **Lion's Mane** – stimulates BDNF (a protein crucial for learning, memory and neuroplasticity) and nerve growth factor
- **Matcha** – L-theanine and caffeine combo for calm alertness
- Fava bean sprouts – natural source of L-DOPA and tyrosine
- **Rosemary extract (microdose or essential oil mist)** – enhances working memory and speed
- **Buckwheat base** – magnesium-rich and structurally firm
- **Chicory or almond flour** – magnesium and mild sweetness
- **Lemon zest, spirulina specks (green aesthetic, B12)**

Texture: Lightly crisp or compact and bouncy – think matcha protein ball meets savoury petit four.

Flavour: Herbal, bright, slightly grassy with a gentle green sweetness.

2) Adrenal Pulse– Stress Resilience & Calm Focus



Narrative: Designed for overstimulated systems and high-voltage minds, Adrenal Pulse is a soft, nutty cube engineered to recalibrate the nervous system, support adrenal balance, and promote calm, focused energy. Built from whole magnesium-rich foods and precision botanicals, it soothes without sedating. Think of it as Override's edible exhale.

Functional Focus: Supports parasympathetic tone, adrenal recovery, and HPA-axis regulation → Before dancing or after overstimulation

Ingredients & Function:

Adaptogenic + Nootropic Compounds:

- **Lemon Balm Extract** – Calms the nervous system, supports GABA, bright lemon-herbal note
- **Rhodiola Rosea Extract** – Reduces stress-induced fatigue, boosts mental clarity
- **Maca Root Powder** – Endocrine support, resilience, malty caramel flavour
- **Optional: Tulsi, an aromatic adaptogen**

Magnesium-Rich Functional Base:

- **Almond Flour** – Soft texture, subtle sweetness, magnesium + vitamin E
- **Pumpkin Seed Flour or Crumble** – Magnesium-dense, crunchy counterpoint
- **Ground Flaxseed** – Binder, omega-3s, hormone support
- **Sunflower Seed Paste** – Lecithin source, creamy fat matrix
- **Optional: buckwheat or cacao nibs for texture + prebiotics**

Approximate Whole-Food Magnesium Content per Cube:	
Almond flour	~80 mg
Pumpkin seed	~50-70 mg
Flaxseed	~30 mg
Total	~150-180 mg magnesium, all from food

Flavour Layering:

- **Citrus Zest (mandarin, yuzu, or preserved lemon)** - Brightness + uplift
- **Maple Syrup or Coconut Blossom Nectar** - Soft sweetness, mineral-rich

Format & Presentation:

- **Texture:** Soft cube with light crumble edge; melts in mouth with slight crunch
- **Colour:** Pale golden-beige, flecked with green and amber
- **Visuals:** Garnish with citrus dust, edible flower petal, or pressed gold shimmer

3) The Radiance Cube – Skin, Collagen, Hydration



Narrative: In the cosmetic era of the future, youth is engineered from within. Skincare is no longer just applied – it's eaten. This shimmering cube delivers nutrients to restore glow, improve skin elasticity, and hydrate at the cellular level.

Key Benefits:

- **Supports collagen synthesis** (vitamin C, tremella)
- **Enhances skin hydration** (tremella, aloe, chia)
- **Provides bioavailable protein** (jellyfish, collagen peptides optional)
- **Delivers antioxidants & anti-inflammatories** (sea buckthorn, rose, acerola)
- **Looks & feels like a futuristic beauty serum turned edible**

Proposed Ingredients:

- **Tremella mushroom** - Hydration, natural polysaccharides for skin plumping- Light, jelly-like texture, mildly sweet
- **Aloe vera gel** - Skin hydration, anti-inflammatory, soothing - Transparent, cooling, fresh
- **Jellyfish (optional)** - Natural collagen source, novelty appeal - Transparent ribbons or extract (if used, neutral flavour)|

- **Acerola or camu camu powder** - Very high in vitamin C (collagen synthesis) - Slightly tart, fruity
- **Chia seeds** - Omega-3s and skin barrier support - Texture + hydration retention
- **Sea buckthorn pulp** - Antioxidants, omega-7 for skin elasticity - Bright colour, tart flavour
- **Rose water** - Traditional skin tonic - Aromatic, floral
- **Silica-rich herbs (nettle, horsetail extract)** - Mineral support for collagen - Neutral or herbaceous
- **Optional: Coconut water powder** - Electrolyte support, subtle sweetness - Smooth mouthfeel
- **Natural colour enhancer:** Blue spirulina or purple carrot extract - Visual appeal
No taste interference

Visual & Texture:

A shimmering, semi-translucent cube or sphere, glowing amber or pearlescent pink. Could be jelly-like or mousse-like depending on kitchen preference.

Optional suspended elements: chia seeds or gold dust.

Can have a liquid core (rose & sea buckthorn elixir) that oozes when cut.

Formulation Options:

Style 1:

A soft jelly cube using tremella, aloe, and coconut water base, enriched with powdered ingredients (camu camu, rosewater, sea buckthorn puree).

Style 2

A mousse-style dome with whipped aloe-tremella-coconut base, layered with sea buckthorn coulis and chia seed pearls for crunch.

4) Neuro Spark - Brain Health / Neuroplasticity Bio-Brick - cognitive function, focus, and neuroplasticity:



Purpose: Supports BDNF (brain-derived neurotrophic factor) expression, long-term brain health, memory, neurogenesis, and flow states.

Narrative: Neuro Spark is a cube for thinkers, makers, movers. Designed to enhance neuroplasticity, boost blood flow to the brain, and fuel deep focus, this is a darker, richer flavour experience. Part food, part nootropic ritual. Ideal before creative work, dancing, or immersive experiences.

Key Ingredients (Functional + Sensory)

- **Lion's Mane** - Neurogenesis & BDNF stimulation - Shown to promote nerve growth factor (NGF); supports memory, cognition, and focus
- **Blueberry powder or aronia berry gel** - Polyphenols for brain circulation & memory - Rich in anthocyanins, which improve blood flow to the brain and enhance memory
- **Walnut flour** - Omega-3s & vitamin E - Traditionally associated with cognitive health; contains ALA and antioxidants
- **Cacao nibs or extract** - Flavanols & mood support - Enhances cerebral blood flow; contains theobromine and phenylethylamine (PEA)
- **Maca or adaptogenic ginseng** - Mental stamina - Adaptogen supporting clarity and reducing brain fog
- **Lecithin (from sunflower or soy)** - Acetylcholine synthesis - Key for memory and neural communication; also improves texture/emulsification
- **Rosemary or lemon essential oil (microdose)** - Cognitive clarity - Shown in studies to enhance memory and alertness through aroma activation
- **Buckwheat or chestnut flour base** - Magnesium-rich & structural - Future 50 ingredient with brain-calming minerals and firm cube texture
- **Optional: Matcha swirl core** (for alertness and L-theanine calm-focus synergy)
- **Dusting of spirulina or moringa powder** (visually vibrant, rich in micronutrients)

Texture & Taste Profile:

- **Texture:** Dense, chewy or mousse-filled centre (optional), with light crunch from walnut or cacao streusel
- **Flavour:** Earthy-berry-cacao with herbal brightness and slight umami
- **Sweetener:** Optional dash of raw honey or birch xylitol for minimal glycaemic impact and brain-friendly energy

5) Armor Cube – Immune Support



Concept: A warm, crunchy arancini-inspired sphere or cube, packed with umami and immune-enhancing elements from mushrooms, seaweed, and ancient grains. Perfectly modular, easily plated, and deeply nourishing.

Narrative: In the age of viral threats and urban microbial depletion, immunity became the new luxury. Functional street snacks evolved into compact, self-contained shields—rich in beta-glucans, antioxidants, and fermented fibres. This brick is your bite-sized armour.

Ingredients & Functional Rationale:

Core (filling):

- **Braised shiitake mushrooms** - β -glucans for immune modulation
- **Miso-fermented sweet potato mash** - probiotics, vitamin A
- **Ginger and tamari glaze** - anti-inflammatory, umami
- **Seaweed flakes (wakame or laver)** - iodine, minerals, gut-immune axis
- **Toasted pumpkin seeds** - zinc, immune cell support
- **Turmeric** - anti-inflammatory
- **Optional:** Moringa leaf dust for polyphenols & green colour

Outer shell / coating:

- **Cooked fonio or millet** - Future 50 ancient grains, gluten-free binders
- **Buckwheat flour** - rich in rutin and magnesium, for structure
- **Chickpea flour slurry or flax “egg”** - binder, protein
- **Sesame seeds or black garlic powder** - flavour + antioxidant edge

- **Panko-style crunchy coating made from dehydrated lentil flakes or upcycled crisps**
(textural contrast, future-forward touch)

Visual & Texture: Golden brown sphere or cube with a soft, earthy interior and crispy shell. Flecks of dark green seaweed and orange sweet potato peek out when bitten. Served with a miso-black garlic emulsion dot or a kombu-soy reduction.

6) The Liver Reboot - Liver & Detox Support



Format: Warm savoury cube, grilled or pan-crisped exterior, soft interior

Narrative: In a world of relentless stimulation and environmental toxins, the liver is the silent warrior. This cube supports the body's natural detoxification systems, from bile flow to phase II liver clearance. It's not a cleanse—it's a recalibration.

Core Ingredients & Functionality:

- **Artichoke hearts (steamed & puréed)** – Promotes bile production, antioxidant-rich (cynarin & silymarin synergy)
- **Dandelion greens (chopped)** – Supports liver enzyme activity and gallbladder function
- **Buckwheat flour or red lentil flour** – Base for structure, gluten-free, rich in rutin (liver antioxidant)
- **Jerusalem artichoke or jicama (minced)** – Adds mild sweetness & prebiotic inulin to support gut-liver axis
- **Lemon zest & preserved citrus peel** – Enhances glutathione activity & adds brightness
- **Toasted cumin & fennel seed** – Aid digestion, carminative, reduce post meal bloating, promote gentle detox through aromatics
- **Optional: Nigella seed crust** – Adds bite, antimicrobial properties, black colour contrast

7) Solar Cell – Circulation & Energy Cube



Concept: A dual-toned, stamina-enhancing cube that delivers mitochondrial activation, nitric oxide support, and antioxidant protection. Designed for movement, oxygenation, and dance floor vitality.

Visual: A layered cube with a deep magenta beetroot base and a bright green spirulina top, plated with a smear of lemon-matcha tahini and a scatter of microgreens.

Bottom Layer (Beetroot-Chili Base)

- **Roasted beetroot puree** (nitrate-rich → vasodilation, stamina)
- **Watercress leaf** (nitrate booster, peppery lift)
- **Red cabbage** (anthocyanins, vascular support)
- **Chili oil or cayenne** (circulation enhancer, activate thermogenesis, digestion, and sensory alertness)
- **Pickled lemon or orange zest** (vitamin C, flavour lift)
- **Bound with buckwheat flour or millet polenta** (magnesium-rich, supports energy metabolism and muscle function)

Top Layer (Spirulina-Matcha Whip)

- **Spirulina paste or powder** (chlorophyll, iron → oxygen transport, anti-fatigue)
- **Matcha green tea** (mild caffeine + catechins → mental clarity & thermogenesis)
- **Pineapple juice reduction or tamarind** (tangy contrast + vitamin C for iron absorption)
- Flax or chia gel (binding, omega-3, satiety)
- **Optional touch of cacao nibs for texture and flavanols**

8) Balance – Hormonal Harmony



Narrative: Balancing the endocrine system through phytoestrogens, detoxification support, and mineral co-factors. A functional savoury cube that nurtures hormone-sensitive pathways in all genders.

Ingredients:

- **Flaxseed** – rich in lignans and phytoestrogens
- **Miso** – fermented soy, hormone-regulating isoflavones
- **Broccoli** – glucosinolates for liver clearance
- **Maca** – adaptogenic support for hormone modulation
- **Pumpkin seed** – zinc and magnesium co-factors
- **Millet or lentil base** – neutral backdrop with B-vitamins
- **Broccoli sprouts** – sulforaphane for hormonal clearance

9) Gut - Mind Bridge



Narrative: A savoury cube that connects the microbiota and brain through prebiotic fibres, fermented vegetables, and anti-inflammatory aromatics. Designed to stabilise mood and digestion through gut-brain signalling.

Ingredients:

- **Fermented cabbage or turnip** – probiotics and brassica compounds
- **Chicory root** – inulin-rich prebiotic
- **Ginger** – anti-inflammatory, supports digestion and serotonin signalling
- **Jerusalem artichoke or jicama** – gut-friendly sweetness
- **Black lentil base** – fibre and protein with stable glycaemic effect

10) The Uplift – Neurotransmitter support – Serotonin and Dopamine boost



Narrative: In the future, mood is modular. Instead of reaching for a pill or a screen, guests choose their state with precision. “The Uplift” bio brick delivers comfort and cognition – a savoury cube that supports the production of serotonin and dopamine through nutrient synergy, gut-brain signalling, and sensory pleasure.

Key Ingredients:

Tempeh, chicken, or miso-laced lentil core

- **Fermented soy or miso:** rich in tryptophan (serotonin precursor) and probiotics for gut-brain axis resilience.
- **Chicken:** protein and tryptophan rich
- **Lentils:** iron, folate, and B-vitamins – key for neurotransmitter synthesis.

Walnut-pumpkin seed crust

- **Walnuts:** omega-3s for mood regulation and neuroprotection
- **Pumpkin seeds:** magnesium + tryptophan – essential serotonin cofactors

Nori or spirulina dusting

- **Iodine & tyrosine:** thyroid and dopamine metabolism
- **Spirulina:** antioxidant and neuroprotective (phytyocyanin)

Optional side: Red cabbage & beetroot pickle - Anthocyanins: enhance cerebral blood flow and cognitive function. Probiotic pickling: gut-brain signalling.

Optional sauce: umami drizzle: miso-cacao glaze - Fermented depth and flavanols - serotonin and endorphin boost. Cacao may support dopamine levels (theobromine, phenylethylamine)

11) The Resetter – Liver Support & Rehydration



Narrative: After the hedonism comes the repair. This cooling, mineral-rich cube helps reset the system. Packed with hydrating elements, liver-supportive herbs, and natural electrolytes, it's a post-party ally or a pre-emptive ritual before the descent into the void.

Purpose: designed to hydrate, support liver function, reduce inflammation, and restore energy after alcohol intake. This cube is refreshing, slightly tangy, and savoury-sweet with mineral depth – and built entirely from food-based

ingredients (no powders or synthetics).

Ingredients:

- **Coconut water reduction** - Natural source of potassium, sodium, magnesium – key electrolytes
- **Lemon balm infusion** - Calming for nervous system, supports detox enzymes
- **Dandelion root extract** - Traditional bitter for liver support, enhances bile flow
- **Beetroot purée** - Nitrate-rich, supports glutathione, blood flow, antioxidant defence
- **Lemon zest & juice** - Vitamin C, alkalising, flavour brightness
- **Sprouted buckwheat flour** - Magnesium-rich binder, adds body, Future 50 compliant
- **Fresh grated ginger** - Anti-inflammatory, digestion support
- **Seaweed flakes (wakame/laver)** - Iodine, minerals, umami, hydration support
- **Honey or date syrup (optional)** - Subtle sweetness, adds potassium and glucose for liver energy
- **Pink salt (trace)** - Sodium + trace minerals to balance fluids

- **Activated charcoal (optional)** - Mild binder for toxins, black swirl pattern for visual intrigue

12) Nightcap – Sleep & Nervous System



Narrative: This calming cube transitions guests toward deep rest. Functional botanicals, tryptophan precursors, and magnesium-rich elements nourish the parasympathetic nervous system.

Ingredients:

- **Tart cherry** - natural source of melatonin
- **Chamomile flower** - calming and digestive aid
- **Saffron** - mood-brightening and sleep-supportive
- **Almond or almond flour** - magnesium and tryptophan
- **Cardamom or vanilla** - aromatic wind-down cue
- **Sweet potato base** - slow carbs to aid tryptophan transport

Conclusion

Modular Nutrition for a Modular Future

The Bio-Bricks collection is not a static offering—it's a dynamic, evolving system. Each cube or sphere represents a functional archetype, but the real power lies in their adaptability: bricks can shift seasonally, rotate based on mood, and flex with the context of the meal. Some shine as welcome rituals or palate openers, others as post-dinner interventions or dessert alternatives. With both savoury and sweet profiles, they offer a spectrum of physiological effects while maintaining an artistic, sensorial experience. This is my interpretation of how functional nutrition and wholesome eating might converge in the future—not through pills or powders, but through meaningful, modular food that is at once nutritionally potent, culturally rich, and emotionally resonant.