<div class="navbar navbar-static-top navbar-default">

    <div class="container">

        <div class="navbar-header">

            <button type="button" class="navbar-toggle" data-toggle="collapse" data-target=".admindash">

                <span class="icon-bar alert-danger"></span>

                <span class="icon-bar alert-danger"></span>

                <span class="icon-bar alert-danger"></span>

            </button>

        </div>

        <div class="navbar-collapse admindash collapse">

            <ul class="nav nav-stacked navbar-nav">

                <li><a href="#contactTab" data-toggle="tab">Contact</a></li>

                <li><a href="#contactTab" data-toggle="tab">Contact</a></li>

                <li><a href="#homeTab" data-toggle="tab">Home</a></li>

            </ul>

        </div>

    </div>

</div>

<div class="tab-content">

    <div id="homeTab" class="tab-pane">

        <h2>Home</h2>

    </div>

    <div id="contactTab" class="tab-pane">

        <h2>Contact</h2>

    </div>

</div>