



### **144 FORE STREET | SOUTH WING**

offers medical office/office space in its South Wing in one of the fastest growing areas of downtown Portland, the Eastern Waterfront. In its current configuration, this space is ideally suited for medical users, but can easily be converted traditional office space. Portland's Eastern Waterfront is home to thriving corporate leaders, tech startups, and top notch restaurants such as WEX, The Roux Institute, High-Byte, Covetrus, Thames Landing, Moss Galleries, Angoor Wine Bar, Mesa Grande Taqueria, Navis Café, Benkay, and Sun Life. Don't miss this final opportunity to be located in the center of it all in vibrant area of Portland! .

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JACK BAUMANN | DIR OF LEASING | ASSOC. BROKER  
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## **CLASS A MEDICAL | OFFICE SPACE FOR LEASE**



## **LOCATED IN VIBRANT EASTERN WATERFRONT AREA**

**144 FORE STREET | SOUTH WING | PORTLAND | MAINE | 04101**

## SPECIFICATIONS



144 FORE STREET | SOUTH WING | PORTLAND | MAINE | 04101

### OWNERSHIP:

The property is owned by 144 Fore Street, LLC

### PROPERTY FEATURES

|                |                                  |
|----------------|----------------------------------|
| YEAR BUILT:    | 1963                             |
| ZONING:        | B6                               |
| PARKING:       | Available—See broker for details |
| BUILDING SIZE: | 43,120+/- sf                     |
| NO OF STORIES: | One (1) story                    |

## AVAILABILITIES



### MEDICAL | OFFICE SPACES AVAILABLE:

|                 |                         |
|-----------------|-------------------------|
| SQUARE FOOTAGE: | 1,560+/- SF             |
| LEASE RATE:     | \$18.00-\$21.00 PSF NNN |
| LOCATION :      | First Floor             |
| SQUARE FOOTAGE: | 4,283+/- SF             |
| LEASE RATE:     | \$18.00-\$21.00 PSF NNN |
| LOCATION :      | First Floor             |
| NNN:            | Estimated at \$4.01 PSF |

SEE NEXT PAGE FOR FLOOR PLAN OF AVAILABLE SPACES



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# FLOOR | SITE PLAN

144 FORE STREET | SOUTH WING | PORTLAND | MAINE | 04101



AC HOTEL

MECHANICAL ROOM

AVAILABLE  
4,283+/- SF

LEASED

MAINE  
ACADEMY  
OF MODERN  
MUSIC  
LESSONS • BANDS • GIGS • CAMPS

AVAILABLE 1,560+/- SF

LIVE AT  
*Madrid's*  
PORTLAND  
MAINE



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# LOCAL TENANT MIX

144 FORE STREET | SOUTH WING | PORTLAND | MAINE | 04101



GOLD FONT: RESTAURANTS  
BLUE FONT: BUSINESSES



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## AMENITIES



## DEMOGRAPHICS



144 FORE STREET | SOUTH WING | PORTLAND | MAINE | 04101

## PROPERTY AMENITIES

The property is situated in the Eastern Waterfront district offering immediate access to Portland's top restaurants, breweries, and waterfront amenities with strong pedestrian traffic and excellent walkability. Close to both I-295 and I-95 connector as well as Portland Jetport. Surrounding users such as WEX, Madrid's, Thames Landing, The AC Hotel, The Roux Institute, Covetrus, The Drift Collective, Fish and Bone, Angoor Wine Bar, Mesa Grande Taqueria, Navis Café, Brickyard Hollow, Moss Galleries, Micucci's Grocery, and Dok Mali contribute to the continued growth and energy of the Eastern Waterfront just minutes from downtown Portland.

|                    |                        |
|--------------------|------------------------|
| POPULATION:        | 69,911 (2025)          |
| AVERAGE GROWTH:    | 2.2% (2020-2025)       |
| HOUSEHOLDS:        | 32,965 (2020-2024)     |
| MEDIAN HOME VALUE: | \$ 489,600 (2020-2024) |
| MEDIAN INCOME:     | \$ 79,540 (Household)  |
| MEDIAN AGE:        | 37.8 Years             |
| LAND AREA:         | 21.54+/- Miles         |

Portland is located in Cumberland County and is part of the Greater Portland area including South Portland, Westbrook and other communities.



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COMMERCIAL BROKERS

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## LEASING CONTACTS

## CLASS A MEDICAL | OFFICE SPACE FOR LEASE

### LEASING REPRESENTATIVES



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#### JACKSON BAUMANN

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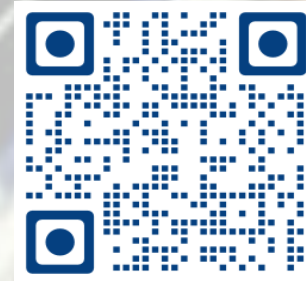
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