



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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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



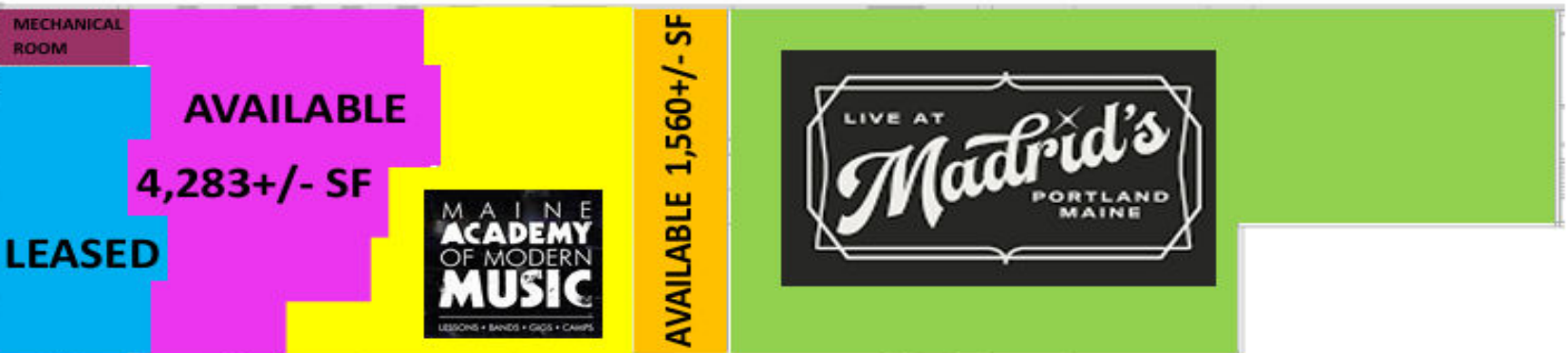
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FLOOR | SITE PLAN

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AC HOTEL



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LOCAL TENANT MIX

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GOLD FONT: RESTAURANTS
BLUE FONT: BUSINESSES

AMENITIES



DEMOGRAPHICS



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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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CLASS A MEDICAL | OFFICE SPACE FOR LEASE

LEASING CONTACTS

CLASS A MEDICAL | OFFICE SPACE FOR LEASE

LEASING REPRESENTATIVES



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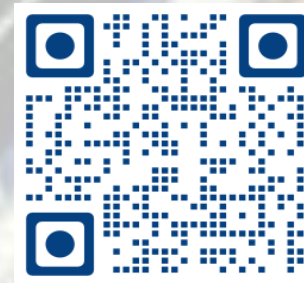
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