



# Downtown Real Estate Hot Sheet

Commercial Properties Available for Lease and/or for Sale for March 2010

Online version at [www.downtownelcajon.com](http://www.downtownelcajon.com)

\$30,000 grants are available for property owners and businesses owners to assist with business recruitment efforts.

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Property Type	Address	Size (in square feet)	Owner / Broker	Notes	Price
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## Commercial Properties For Lease

Retail / Office	248 Avocado	450 sq ft	Chris Kugler (619) 596-1880 ckugler@icpcommercialproperties.com	<ul style="list-style-type: none"> <li>• Park Like Setting</li> <li>• Good Parking Available</li> <li>• Separate Restroom</li> </ul>	\$600 / mo
Office / Retail	306 Ballantyne	400 sq ft	Ronnie Totah (619) 335-3116 ronnietotah@gmail.com	<ul style="list-style-type: none"> <li>• Great Location</li> <li>• Great Visibility</li> <li>• Great Traffic</li> </ul>	\$1,200 / mo
Office / Retail	308 Ballantyne	600 sq ft	Ronnie Totah (619) 335-3116 ronnietotah@gmail.com	<ul style="list-style-type: none"> <li>• Great Location</li> <li>• Great Visibility</li> <li>• Great Traffic</li> </ul>	\$1,500 / mo
Executive Suites	270 E Douglas	Various	Lee Mench (619) 401-4000 lee@thelearningsource.net	<ul style="list-style-type: none"> <li>• Part-time Office</li> <li>• Reception</li> <li>• DSL and Voicemail</li> </ul>	Full-time offices Conference Room Copier, Fax and More \$175 - \$625 / mo
Office	427 W Douglas	300 sq ft	Don Dwight (619) 277-2061 cdwight1@cox.net	<ul style="list-style-type: none"> <li>• Private Office</li> <li>• Parking Available</li> </ul>	Heat and Air Private Restrooms \$335 / mo
Office	465 & 475 W Douglas	305 & 475 sq ft	Vikki Pender (619) 223-2244 vikki@rpgre.com	<ul style="list-style-type: none"> <li>• Gated Property</li> <li>• Assigned Parking</li> <li>• Private Restroom</li> <li>• One Month Free Rent with Year Lease</li> </ul>	Utilities Included \$320 - \$495 / mo
Furnished Executive Suites	175 W Lexington Suite B	1,000 sq ft	Henry Canizales (619) 316-0994 henry@plgsdinc.com	<ul style="list-style-type: none"> <li>• 2 Private Offices</li> <li>• 4 Executive Desks</li> <li>• Furnished Reception</li> <li>• Conference Room</li> </ul>	Copier Wired Internet 9 Parking Spaces Tastefully Remodeled \$1.60 per sq ft
Professional Suites	321 – 329 W Lexington	600 – 1,530 sq ft	Thomas Dechant (619) 442 – 9200 tdechant@ecpcommercial.com	<ul style="list-style-type: none"> <li>• Recently Renovated</li> <li>• Desirable Ground Floor</li> <li>• Excellent Location</li> </ul>	Ample Parking \$1.35 per sq ft Negotiable
Professional Office	275 W Madison	900 sq ft	Mick Toller (619) 596-1880 mtoller@ipcommercialproperties.com	<ul style="list-style-type: none"> <li>• Central Location</li> <li>• Interior Improvements</li> <li>• Exterior Improvements</li> </ul>	4 Private Offices Alarm System Monument Signage \$1.35 per sq ft plus utilities
Retail / Office	123 N Magnolia	1,000 sq ft	Robert Shamoun (619) 249-5859	<ul style="list-style-type: none"> <li>• Call for details</li> </ul>	\$1,000 / mo

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Restaurant	190 N Magnolia	2,000 sq ft	Brian Jinings (619) 237-1409 bjinings@breb.com	<ul style="list-style-type: none"> <li>• Ample Parking</li> <li>• Great Visibility</li> <li>• Move-in Incentives</li> </ul>	\$2.00 per sq ft
Office / Retail	330 N Magnolia	408 sq ft	Chris Frattasio (619) 295-9017 chrisfratt@verizon.net	<ul style="list-style-type: none"> <li>• Abundant Parking</li> <li>• Great Visibility</li> <li>• Available to break space allowing 380 – 3,000 sq ft</li> </ul>	\$1.60 per sq ft
Office / Retail	342 N Magnolia	1,500 sq ft	Chris Frattasio (619) 295-9017 chrisfratt@verizon.net	<ul style="list-style-type: none"> <li>• Abundant Parking</li> <li>• Great Visibility</li> </ul>	\$2,733 / mo
Retail / Office	460 N Magnolia	7,700 sq ft	Kipp Gstettenbauer (619) 525-2774 kipp@cushwake.com	<ul style="list-style-type: none"> <li>• 2 Separate Buildings: 3,500 sq ft and 4,200 sq ft</li> <li>• Abundant Parking</li> <li>• Highly Visible</li> <li>• Tenant Improvements Available</li> </ul>	\$1.45 per sq ft
Restaurant	463 - 467 N Magnolia	4,500 sq ft	David Hazan (858) 362-0460 david@awscre.com	<ul style="list-style-type: none"> <li>• 3 Store Front Entrance</li> <li>• 3 Back Entrance</li> <li>• Commercial Kitchen</li> <li>• 2 Commercial Coolers</li> </ul>	Grease Trap Plenty of Parking \$1.20 per sq ft
Office / Retail	104 E Main	2,000 sq ft	Andy Parashos (858) 454-4200 aparashos@torreypinespm.com	<ul style="list-style-type: none"> <li>• Prime Retail Space</li> <li>• Fantastic Signage</li> <li>• Showroom Windows</li> </ul>	ADA Restroom \$1,750 / mo 1 - 2 year lease
Retail	116 E Main	1,816 sq ft	Matt Davis (619) 236-1557 matt.davis@cushwake.com	<ul style="list-style-type: none"> <li>• In Heart of Downtown</li> <li>• Front and Back Parking</li> <li>• Small Mezzanine in the Back</li> <li>• Two Story Building</li> </ul>	3 Months Free Rent!!! \$1.25 per sq ft
Retail /	117 E Main	6,000 sq ft	Steve Acho (619) 888-3697 Steveacho619@yahoo.com	<ul style="list-style-type: none"> <li>• Call for Details</li> </ul>	\$1.00 per sq ft
Retail	118 E Main	2,840 sq ft	Matt Davis (619) 236-1557 matt.davis@cushwake.com	<ul style="list-style-type: none"> <li>• In Heart of Downtown</li> <li>• Front and Back Parking</li> <li>• Small Mezzanine in the Back</li> <li>• Two Story Building</li> </ul>	3 Months Free Rent \$1.25 per sq ft
Office	131 E Main	1,000-6,600 sq ft	Mick Toller (619) 596-1880 mtoller@ipcommercialproperties.com	<ul style="list-style-type: none"> <li>• New Renovated Offices</li> <li>• Elevator</li> <li>• Tenant Improvements Negotiable</li> </ul>	High Ceilings Onsite Parking \$1.00 per sq ft on multi-year lease

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Property Type	Address	Size (in square feet)	Owner / Broker	Notes	Price
Office	131 E Main, Suite 201	Various Office Sizes	Ron Seguin (619) 401-8858 Ron@downtownelcajon.com	<ul style="list-style-type: none"> <li>Private Office</li> <li>Private Phone</li> <li>Copier and Fax Machine</li> </ul> Receptionist Conference Area 3 – 6 Month Lease	\$500 / mo
Office/ Retail	140 E Main	4,000 sq ft	Ralph A. Borrelli (619) 442-3934	<ul style="list-style-type: none"> <li>Call for details</li> </ul>	Call for details
Office / Retail	143 E Main	7,000 sq ft	David Malikyar (619) 249-1022	<ul style="list-style-type: none"> <li>In the Heart of Downtown</li> <li>Newly Remodeled</li> <li>ADA Compliant</li> <li>Tenant Improvements Available</li> </ul> Highly Visible Divisible Space	\$1.25 – \$1.50 per sq ft
Retail / Restaurant	162 E Main	1,600 sq ft	Miguel Ma (619) 954-2481 mma@loanisland.com	<ul style="list-style-type: none"> <li>2 Suites</li> <li>Will Considering Tenant Improvements</li> <li>Suites Could be Integrated Into One Space</li> </ul>	\$1.00 per sq ft
Office / Retail	165 E Main	400 sq ft	Monty James (619) 922-1981 monty@paccoster.com	<ul style="list-style-type: none"> <li>Move in Special one month free!!!</li> <li>Restroom Access</li> <li>On Site Parking and Patio Access</li> </ul>	\$475 / mo
Retail / Office	168 E Main	1,690 sq ft	Mike Fenton (760) 451-8859 mikemusik@yahoo.com	<ul style="list-style-type: none"> <li>Great Location</li> <li>Tenant Improvements Available</li> <li>Great Visibility</li> </ul>	Call for details
Commercial	237 E Main	6,250 sq ft	Rocket Glass / Chris Kugler (858) 596-1880 rglass@ipcommercialproperties.com ckugler@ipcommercialproperties.com	<ul style="list-style-type: none"> <li>Renovated Office</li> <li>ADA Compliant Building</li> <li>Two Spaces available with a total of 12,500 sq ft</li> </ul>	\$1.00 per nnn sq ft
Office	245 E Main	3,400 sq ft	Santo or Sylvana DiGrigoli (619) 994-6391 or (619) 283-6886	<ul style="list-style-type: none"> <li>2nd Floor office space</li> <li>Great Visibility</li> <li>Brand New Space</li> </ul> Across from City Hall	\$1.50 per nnn sq ft
Office / Retail	562 E Main	2,840 sq ft	Maureen Moran (619) 840-8212 maureenmoran@coldwellbanker.com	<ul style="list-style-type: none"> <li>Newly Remodeled Building Façade</li> <li>Great Visibility</li> <li>Onsite Parking</li> </ul>	\$1.50 per nnn sq ft
Office	620 E Main	6,600 sq ft	Jason Smithson (619) 497-2255 jsmithson@naisandiego.com	<ul style="list-style-type: none"> <li>2 Office Floors</li> <li>Coffee Area/Break Room</li> <li>File Room</li> </ul> Reception Area	\$1.50 per nnn sq ft

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Property Type	Address	Size (in square feet)	Owner / Broker	Notes	Price
Office / Retail	133, 155, & 175 W Main	582 - 30,000 sq ft	Steve Brown (619) 596-1880 sbrown@ipcommercialproperties.com	<ul style="list-style-type: none"> <li>Brand New Building</li> <li>Busy Corner</li> <li>High Interior Ceilings</li> <li>Elevator Service</li> </ul> Onsite Parking Tenant Improvements Excellent Visibility Individual suits	\$2.50 per nnn sq ft Retail suites \$1.75 nnn sq ft Office suites
Retail / Office	220 W Main	3,600 sq ft	Lel Punwani (949) 533-8869 punwanil@aol.com	<ul style="list-style-type: none"> <li>Across from Ross and Dress</li> <li>Great Visibility</li> <li>Private Restroom</li> <li>Abundant Parking</li> </ul>	\$1.60 per sq ft
Industrial / Retail	737 – 747 W Main	4,000 - 8,800 sq ft	Mick Toller (619) 596-1880 mtoller@ipcommercialproperties.com	<ul style="list-style-type: none"> <li>Great Visibility</li> <li>Easy Access to Hwy 8</li> <li>Fire Sprinklers</li> </ul> 2 Months Free Fenced Parking Rear Warehouse	\$0.75 per sq ft for 1 year
Office	140 W Park	Two 360 sq ft Offices and One Ground Floor Office	Victor Zeman (619) 442-8871 cat@zemanmortgage.com	<ul style="list-style-type: none"> <li>Remodeled Space</li> <li>Near Courthouse</li> <li>Ample Parking</li> </ul>	\$400 Each Office \$800 Ground Floor Office
Office	353 E Park Ave	1,053 sq ft	Thomas Dechant (619) 442-9200 tdechant@ecpcommercial.com	<ul style="list-style-type: none"> <li>One Suite Remaining</li> <li>Abundant Natural Light</li> <li>ADA Restrooms</li> </ul> Private Entrances Elevator to 2nd Floor Extensive Renovations	\$1.00 per sq ft Special
Storage	104 Richardson	8,000 sq ft	Mick Toller (619) 596-1880 mtoller@ipcommercialproperties.com	<ul style="list-style-type: none"> <li>Outdoor Storage</li> <li>Water and Power Available</li> <li>Paved and Fenced</li> <li>CM Zoning</li> </ul>	\$1,600 / mo
Office / Retail	115 Rea Ave	3, 600 sq ft	Steve Brown (619) 596-1880 sbrown@ipcommercialproperties.com	<ul style="list-style-type: none"> <li>Downtown Location</li> <li>Move-in Incentives</li> <li>Abundant Office Space</li> <li>Abundant Storage Space</li> </ul>	\$1.35 per sq ft Modified Gross
Executive Suites	181 Rea Ave	Various	Jim Knapp (888) 546-5627 jim@thecallcenter.org	<ul style="list-style-type: none"> <li>Across City Hall</li> <li>Upscale Executive Space</li> <li>Reception</li> </ul> Conference Room Answering Machine	\$495 / mo and up
Office	206 Van Houten	300 sq ft	Don Dwight (619) 277-2061 cdwight1@cox.net	<ul style="list-style-type: none"> <li>Two Offices</li> <li>Heat and Air</li> </ul> Private Restroom New Carpet	\$325 / mo

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Office	201 S Sunshine	600 sq ft	Peg Buffo (619) 249-5114 p_buffo@hotmail.com	<ul style="list-style-type: none"> <li>Month to Month Lease</li> <li>One Large Office</li> <li>Parking Available</li> </ul>	Private Bathroom Ground Floor \$600 / mo

## Commercial Properties For Sale

Office / Retail	227 – 231 W Douglas	2,600 sq ft	Brian Jinnings (619) 237-1409 bjinnings@breb.com	<ul style="list-style-type: none"> <li>One Block South of East Main St</li> <li>Ample Street Parking</li> <li>Small Owner User Opportunity</li> </ul>	Asking \$500,000
Retail / Office / Commercial / Restaurant	N W Corner N Magnolia & Madison Ave	2/3 acre	Mark Robak (619) 460-6700 mark@trinitycommercial.net	<ul style="list-style-type: none"> <li>Build-to-Suit Lease</li> <li>10,000 sq ft Retail</li> <li>10,000 sq ft Office Building</li> </ul>	Great Visibility Will quote based on building Contact Broker
Office / Retail	185 W Madison	4,600 sq ft	Jeff Hurley (619) 596-1880 jrenner@ipcommercialproperties.com	<ul style="list-style-type: none"> <li>Freestanding Building</li> <li>Easy Access to 8 and 67 Freeways</li> <li>Central Location with Excellent Visibility</li> <li>One Block from Major Intersection</li> </ul>	\$750,000
Retail / Office	460 N Magnolia	7,700 sq ft	Kipp Gstettenbauer (619) 525-2774 kipp@cushwake.com	<ul style="list-style-type: none"> <li>2 Separate Buildings: 3,500 sq ft and 4,200 sq ft</li> <li>Abundant Parking</li> <li>Highly Visible</li> <li>Tenant Improvements Available</li> </ul>	\$1,595,000
Retail	149 - 155 E Main	3,300 sq ft	Rick Goldman (619) 654-1244 empirebeautycorp@aol.com	<ul style="list-style-type: none"> <li>2 Separate Store Fronts</li> <li>Garage Storage</li> <li>3,800 sq ft Parking in the Back</li> </ul>	7,100 sq ft parking lot \$600,000-700,000
Retail / Restaurant	161 E Main	8,800 sq ft	Mike Ash / Tom Ash (858) 571-1999 / (619) 823-7123 mash@san.rr.com	<ul style="list-style-type: none"> <li>Downtown Location</li> <li>Tenant Improvements Available</li> </ul>	\$1,699,000
Retail / Office	165 – 169 E Main	7,558 sq ft	Monty E. James (619) 922-1981 monty@pacificcoaster.com	<ul style="list-style-type: none"> <li>Prime Downtown El Cajon Location</li> <li>A Block away from Civic Center</li> </ul>	\$1,490,000
Office / Restaurant	176 – 178 E Main	4,500 sq ft	Mick Toller / Steve Brown (619) 596-1880 x 110 / 129 mtoller@ipcommercialproperties.com sbrown@ipcommercialproperties.com	<ul style="list-style-type: none"> <li>2,400 sq ft of Office</li> <li>2,100 sq ft of Retail – Currently Leased</li> <li>Close to Courthouse</li> <li>Owner / User opportunity with Investment Retail</li> </ul>	\$695,000

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Office / Retail	575 E Main	6,000 sq ft	Michel Rone (310) 829-2112 uscredit@verizon.net	<ul style="list-style-type: none"> <li>Fully Leased, NNN</li> <li>Up to 80% of Financing Available</li> <li>Eligible for \$30,00 grants from El Cajon CDC</li> </ul>	\$775,000
Retail / Industrial	701 W Main	10,000 sq ft	Byron Long (619) 850 - 6199 blongs2usnow@cox.net  Bryan Jaynes (619) 933 - 9755	<ul style="list-style-type: none"> <li>Completely Rehabbed New Display Area</li> <li>Two Separate Parking Lots Two Full Roll-Up Doors</li> <li>Two Full Size Bathrooms Two Electrical Meters</li> <li>Busy Intersection (40,000 Vehicles / Day)</li> <li>Showroom, Work Area, and Small Office</li> </ul>	\$1,590,000 Will consider lease

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