



FOR LEASE | 7777 ALVARADO ROAD, LA MESA, CA 91942
EAST COUNTY'S MOST PRESTIGIOUS OFFICE/MEDICAL BUILDING



Allied Plaza Management Office
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Leasing Director
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Click for
VIRTUAL TOUR

PROJECT SPECIFICATIONS



ADDRESS:	7777 Alvarado Road La Mesa, California 91942
BUILDING SIZE:	125,000 SF
LAND SIZE:	4.10 AC
YEAR BUILT / RENOVATED:	1983 / 1999 / 2010 / 2022
PARKING RATIO:	4.00/1,000 SF
ZONING:	C

BUILDING SPECIFICATIONS

STORIES

Seven (7)

ELEVATOR

Four (4) Passenger

One (1) Freight

Modernization Completed

PARKING

Surface: 84 spaces

Covered: 300 spaces

CONFERENCE ROOMS

One (1)

BUILDING TYPE

Class A Office / Medical Building

FEATURES

On-site Management

On-site Engineering & Security

On-site Deli

5-Day Janitorial Service

Amazon Lockers & Charging Stations

AVAILABILITY

±1,291 RSF - ±2,737 RSF

LEASE RATE

\$2.95 + Utilities PSF/Month



PROPERTY HIGHLIGHTS

East County's largest and most prestigious office/medical building with great corporate image

Located just off the I-8 Freeway in La Mesa

Great visibility and excellent freeway access

Only minutes east of Mission Valley, easily accessible from all parts of San Diego County

New lobby remodel

Picnic area in a park-like setting



LEASE RATE | \$2.95 + UTILITIES PSF / MONTH

AVAILABILITY

SUITE #	RSF	AVAILABLE	COMMENTS
108	±1618	Now	Reception, 5 private offices, storage, kitchenette & private bathroom
201	±1,912	Now	Located off 2nd floor lobby; reception, conference, 5 private offices with views, kitchen & open work space
211	±1,656	Now	Located on the 2nd floor; reception, conference, 3 private offices & large kitchen
401	±1,610	Now	Located off 4th floor lobby; reception, conference, 3 private offices with views; large open work area
408B	±357	Now	Located on the 4th floor; reception & 1 office with a view
615	±2,737	Now	Private reception; Large conference room, 2 large window offices with views & kitchen
622	±2,318	Now	Large reception area, open work area, 3 private offices & kitchen
702	±687	Now	Large reception area, 2 private offices & storage closet



SUITE 108: 1618 RSF

AVAILABLE: NOW

Reception, 5 private offices,
storage, kitchenette & private
bathroom

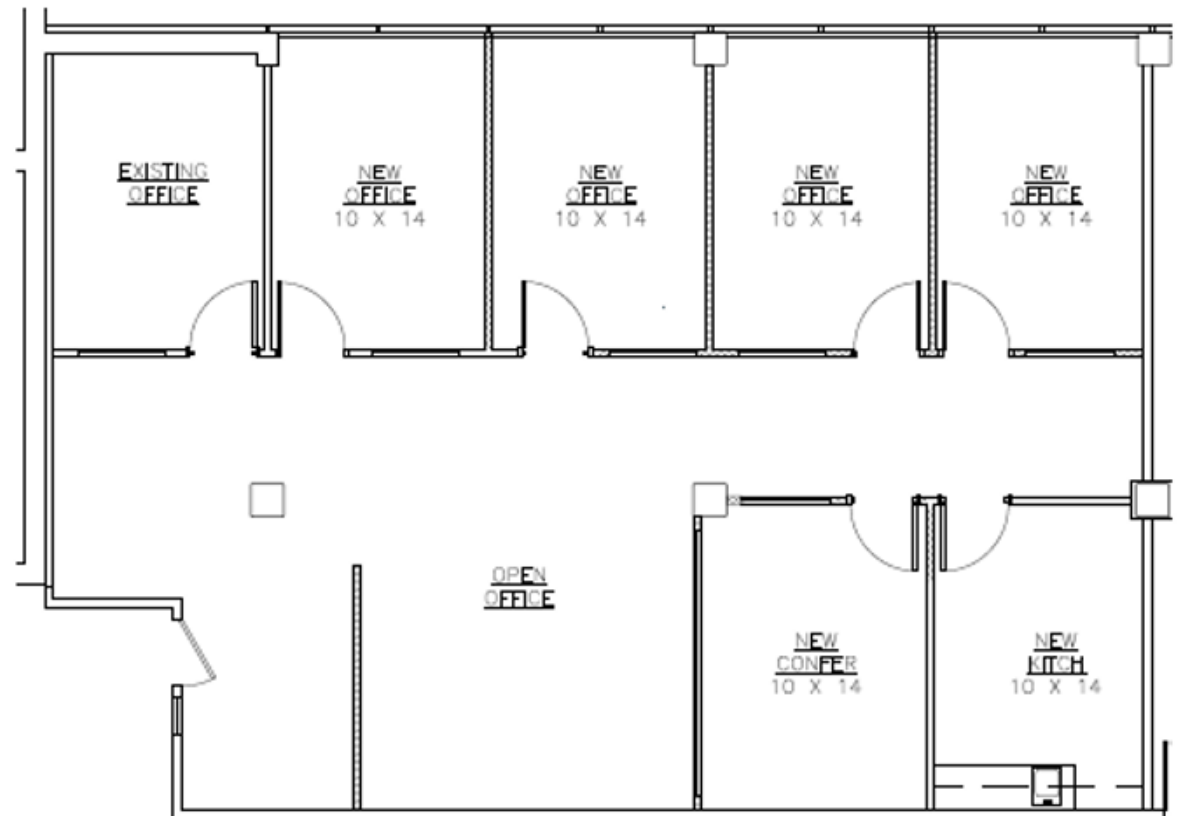




SUITE 201: 1,912 RSF

AVAILABLE: NOW

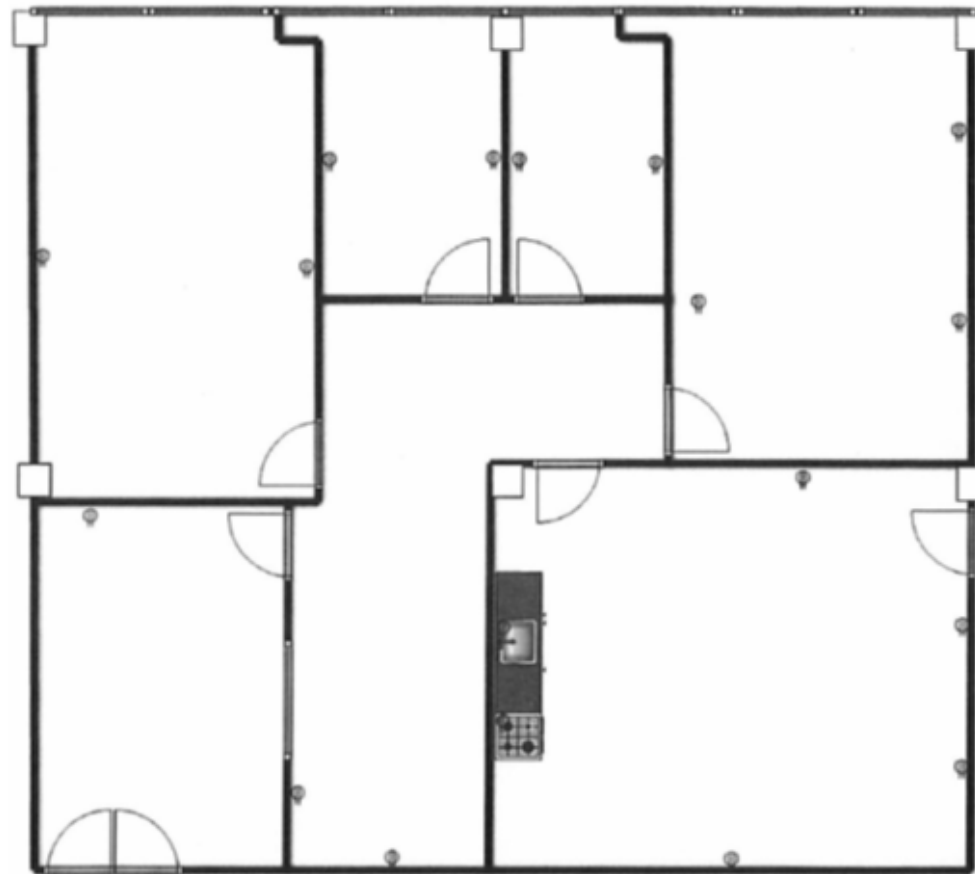
Large reception area, open work area, conference room, 5 private offices with a view & kitchen



SUITE 211: 1,656 RSF

AVAILABLE: NOW

Located on the 2nd floor; reception,
conference, 3 private offices & large kitchen

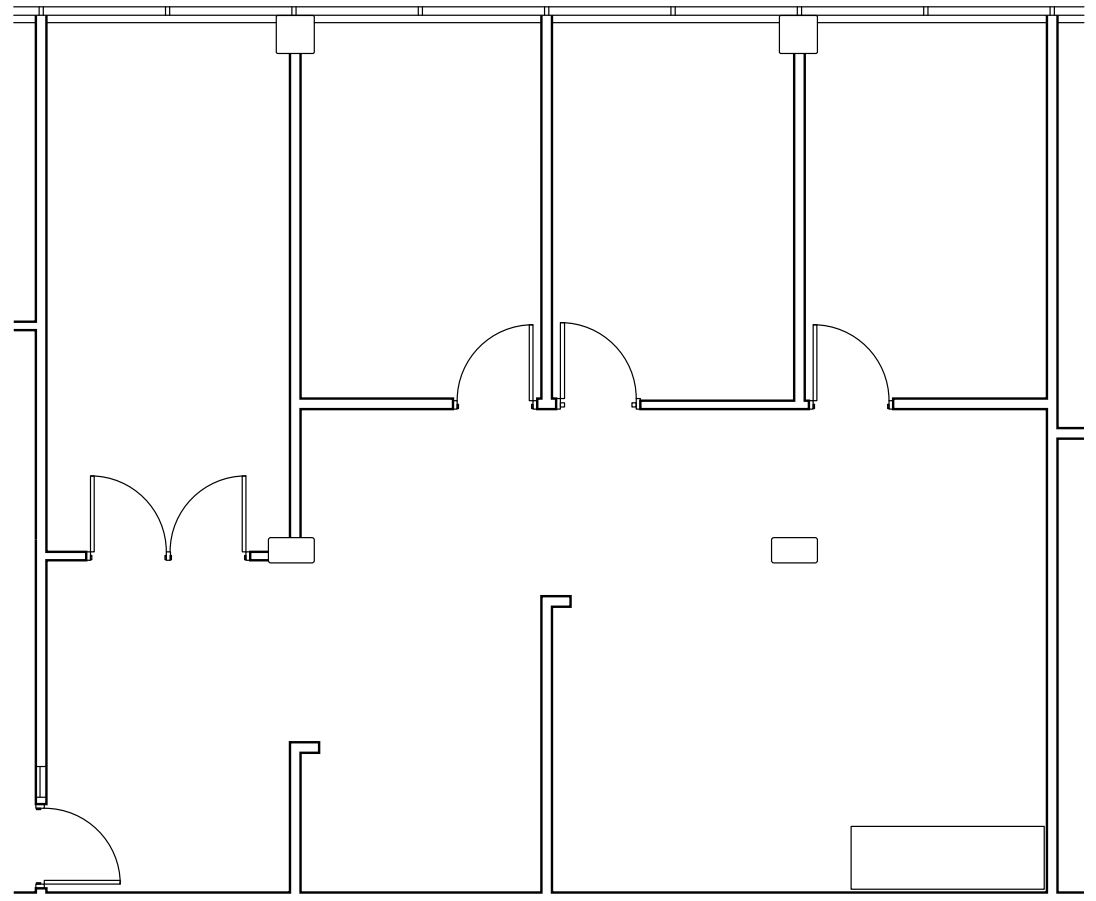




SUITE 401: 1,610 RSF

AVAILABLE: NOW

Located directly off 4th floor lobby; reception, conference, 3 private offices with views; large open work area





SUITE 408B: 357 RSF

AVAILABLE: NOW

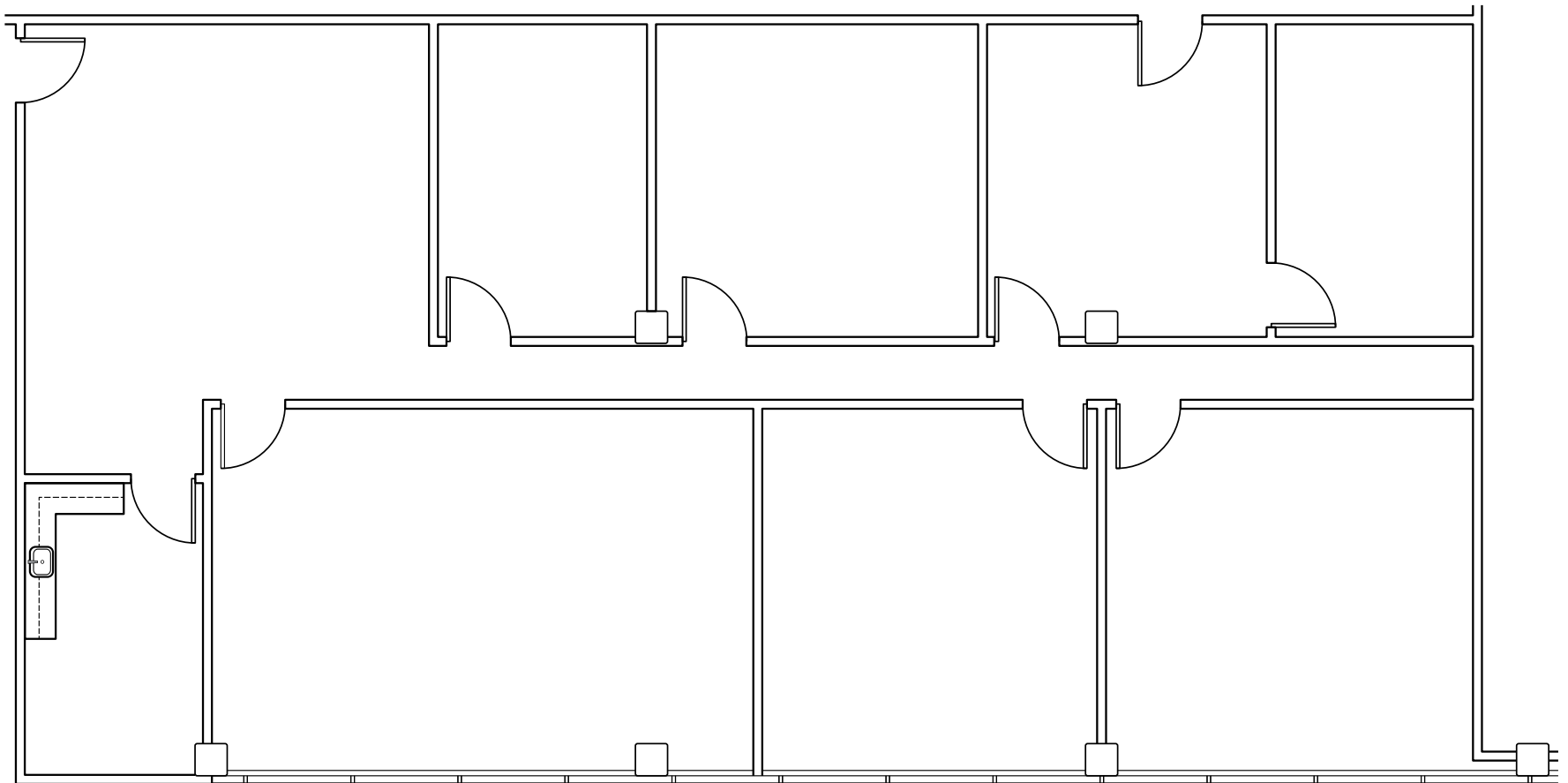
Located on 4th floor, reception area & 1 office



SUITE 615: 2,737 RSF

AVAILABLE: NOW

Private reception, large conference room, 5
offices (2 with views), storage closet & kitchen





SUITE 622: 2,318 RSF

AVAILABLE: NOW

Large reception area, open work area,
3 private offices & kitchen

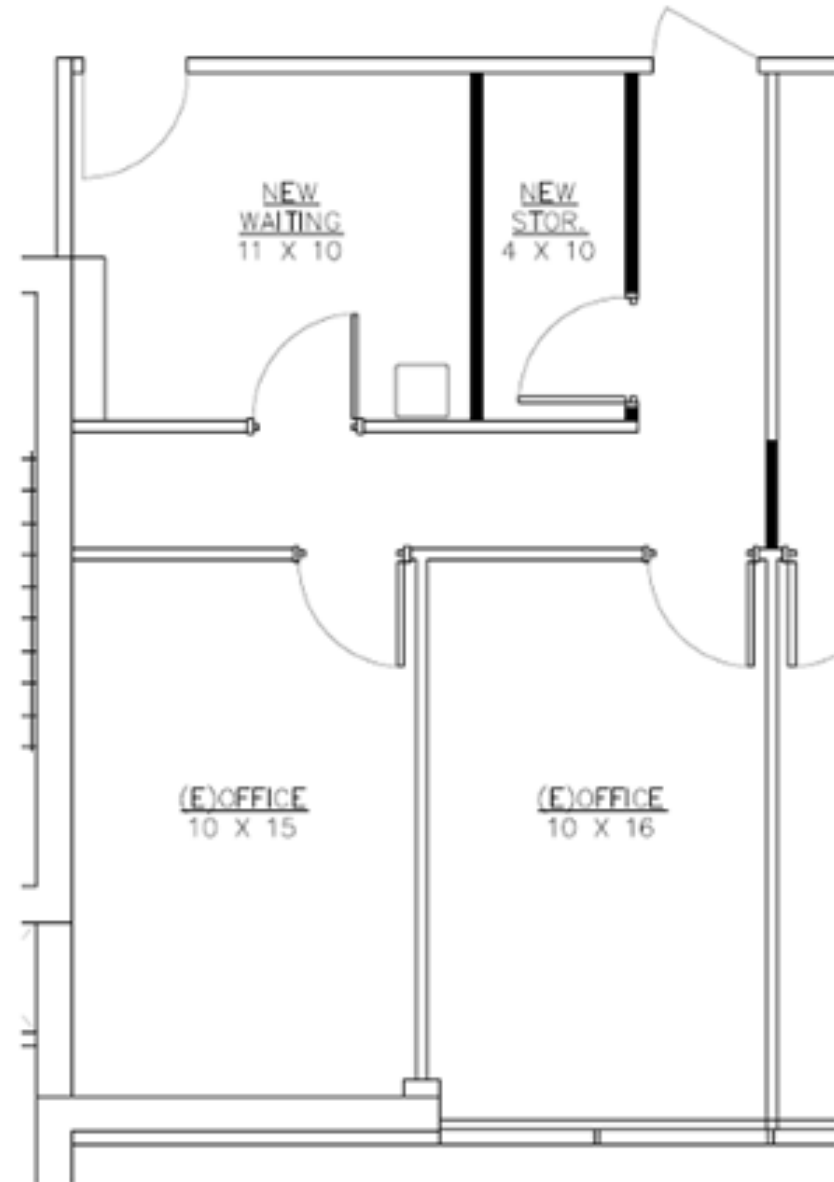




SUITE 702: 687 RSF

AVAILABLE: NOW

Large reception area, 2 private offices & storage







ABOUT LA MESA

B+

Overall Niche Grade

A-

Public Schools

A

Nightlife

B+

Good for Families

A

Diversity

La Mesa is just nine miles east of downtown San Diego, so it is super convenient to all the downtown area has to offer. Yet, it is its own community and offers both a quiet, neighborhood feel with all the amenities of a larger city.

La Mesa means “the table” or “the plateau” in Spanish. The name related to the area’s geography and is part of a larger area that was settled by Spanish missionaries. Its nickname is “the Jewell of the Hills” and most who grow up there say it lives up to that reputation.

One interesting thing only in La Mesa is the “Walkway of the Stars.” this is a pedestrian walkway downtown that recognizes the city’s volunteers that went beyond the extra mile by giving more than 10,000 service hours to the city.

The city has plenty of restaurants and shopping, but also has a number of other things so people don’t need to travel to downtown San Diego. That include the Grossmont Center, a major mall, grocery stores, a hospital, some public bus routes and a trolley station.

Most state they like it because it is far enough away from downtown San Diego that it doesn’t draw tourists, so the community can maintenance tranquility and have its own personality.



Boasting a population of more than 3.3 million residents county-wide, San Diego is California's second largest city and the United States' eighth largest.

Located on the coast of the Pacific Ocean in Southern California, San Diego is widely known as "America's Finest City." Renowned for its miles and miles of white-sand beaches and amazing weather with an average yearly temperature of 70 degrees.

With breakthrough technology companies and research organizations, the largest military concentration in the world and a strong tourism industry, the San Diego region has one of the most diverse, dynamic economies in the country.



3.3M+
POPULATION



1.2M
HOUSING UNITS



\$241.9B
GDP



1.57M
JOBS



\$670,000
MEDIAN HOME PRICE

SAN DIEGO RANKINGS

#1

BUSIEST LAND
PORT OF
ENTRY

#1

LARGEST
CONCENTRATION OF
MILITARY ASSETS IN
THE WORLD

#2

GREENEST CITY
IN THE US

#3

IN THE U.S. FOR
LIFE SCIENCES
AND BIOTECH

#4

IN U.S. FOR THRIVING
SMALL BUSINESSES
AND STARTUPS

#4

HOTTEST CITIES
IN AMERICA FOR
STARTUPS

#4

BEST LARGE
CITY TO
LIVE IN THE US

#5

INNOVATION
HUBS
IN THE US



SAN DIEGO STATE UNIVERSITY

TRADER JOE'S

BW | Best Western
Hotels & Resorts

Smart & Final

CVS
pharmacy

VONS

BIG 5
SPORTS & OUTDOORS

GameStop

Food 4 Less

IHOP

Marshall's

Curlington

Marketplace at the Grove

Walmart
Supercenter

ROSS
DRESS FOR LESS

TARGET

KOHL'S

24 FITNESS

Payless

Sam's

Marie Callender's
Restaurant & Bakery

Denny's

Ralph's

PEPBOYS
AUTO

STARBUCKS
COFFEE

RITE
AID

Rolando Blvd

O'Reilly

DOLLAR TREE

CARQUEST

KROC CENTER
SAN DIEGO, CA

CVS
pharmacy

Althensons

COCO'S
Bakery-Restaurant

Rubio's
FRESH MEXICAN GRILL

O'Reilly

Walgreens

IN-N-OUT
BURGERS

Food 4 Less

RITE
AID

JO-ANN
Fabric and craft stores

AutoZone

JO-ANN
Fabric and craft stores

THE HOME
DEPOT

HARBOR
FREIGHT
TOOLS

STARBUCKS
COFFEE

99c
only

SPROUTS
FARMERS MARKET

San Miguel Ave

College Grove Dr

El Cajon Blvd

70th St

24 FITNESS

Helix
High School

Saint Martin
Academy

JO-ANN
Fabric and craft stores

AutoZone

99c
only

VONS

STARBUCKS
COFFEE

Curlington

COSTCO
WHOLESALE

EL TORITO
MEXICAN

TOYS R US

ROSS
DRESS FOR LESS

HOBBY
LOBBY

La Mesa Blvd

Lemon Ave

Denny's

IHOP

Sweetwater Rd

Grossmont Center

Walmart
Save money. Live better.

DOLLAR TREE

Office DEPOT

TARGET

Pier 1 Imports

WORLD MARKET

BARNES & NOBLE
BOOKSellers

Olive Garden

BEST BUY

Holiday Inn
HOTELS & RESORTS

COSTCO
WHOLESALE

I-8

125

I-8

94

125

94



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