



For Lease

03/07/2026



250 Flanders Road
East Lyme, CT 06357

1,830 SF

Unit 40

6

2005

Number of Tenants

Year of Build



Retail space within a grocery-anchored shopping center in East Lyme with direct frontage along Interstate 95. The property benefits from strong highway visibility and access enhanced by the recently constructed I-95 exit improvements. The center is anchored by Stop & Shop and includes tenants such as Verizon, Yale New Haven Health, and Brown & Brown Insurance. The tenant mix supports consistent traffic and established co-tenancy. The site offers a prominent pylon sign along I-95 and ample on-site parking.

For more Information Contact:

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250 Flanders Road - Key Facts

East Lyme, CT 06357

Date Available	01/01/2026	Base Rent	\$23.00 - \$24.00 PSF NNN
Available Area SF	1,830	Est. 2026 NNN	\$8.03 PSF
Lot Size	3.87 Acres	Parking	5.1 / 1,000
Lease Term	5-10 Years	AADT	11,800
Building Type	Retail	Loading Dock Type	None
Finished Ceiling Height	12 ft	Number of Docks	0
Floors	1	Zoning	CA

Construction

Interior Walls	Drywall (Gypsum Board)
Floor	Carpet
Roof	Single-Ply Membranes

Mechanical

HVAC	Rooftop Unit (RTU)
Sprinkler	Automatic Fire Sprinkler System
Electrical	Phase: Three, Amps: 400, Volts: 240/120

Space Description

Units 40 and 45 are currently configured as a single ±4,230 SF space that is in the process of being subdivided into two separately demised units. Unit 40 comprises approximately 1,830 SF within 250 Flanders Road Plaza. The space provides an efficient inline layout suitable for quick service restaurant, specialty food, retail, or service uses. The center is anchored by Stop & Shop and offers pylon signage along Interstate 95. The unit includes 12 ft ceiling height and sprinklered construction, supporting flexible interior buildout. Co-tenancy includes Stop & Shop, Verizon, Yale New Haven Health, and Brown & Brown Insurance.

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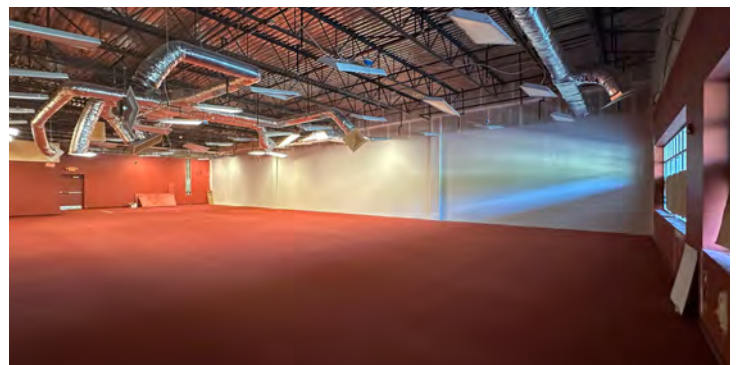
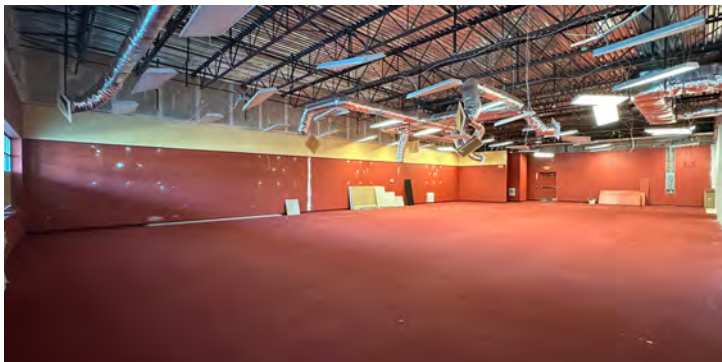
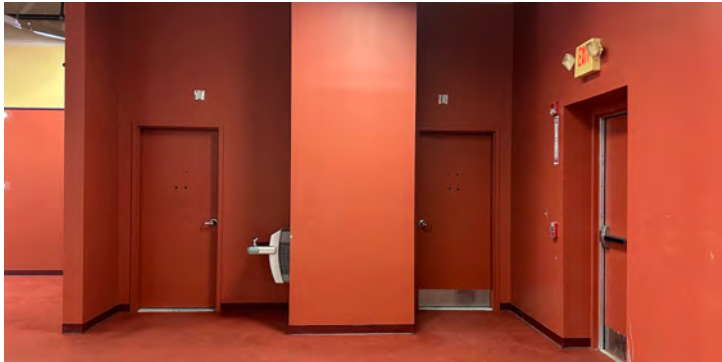
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250 Flanders Road - Inside Image

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250 Flanders Road - Outside Image

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250 Flanders Road - Tenant Map

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Demographic Highlights & Population Projections

East Lyme, CT 06357



Est. Population (2025)
18,836



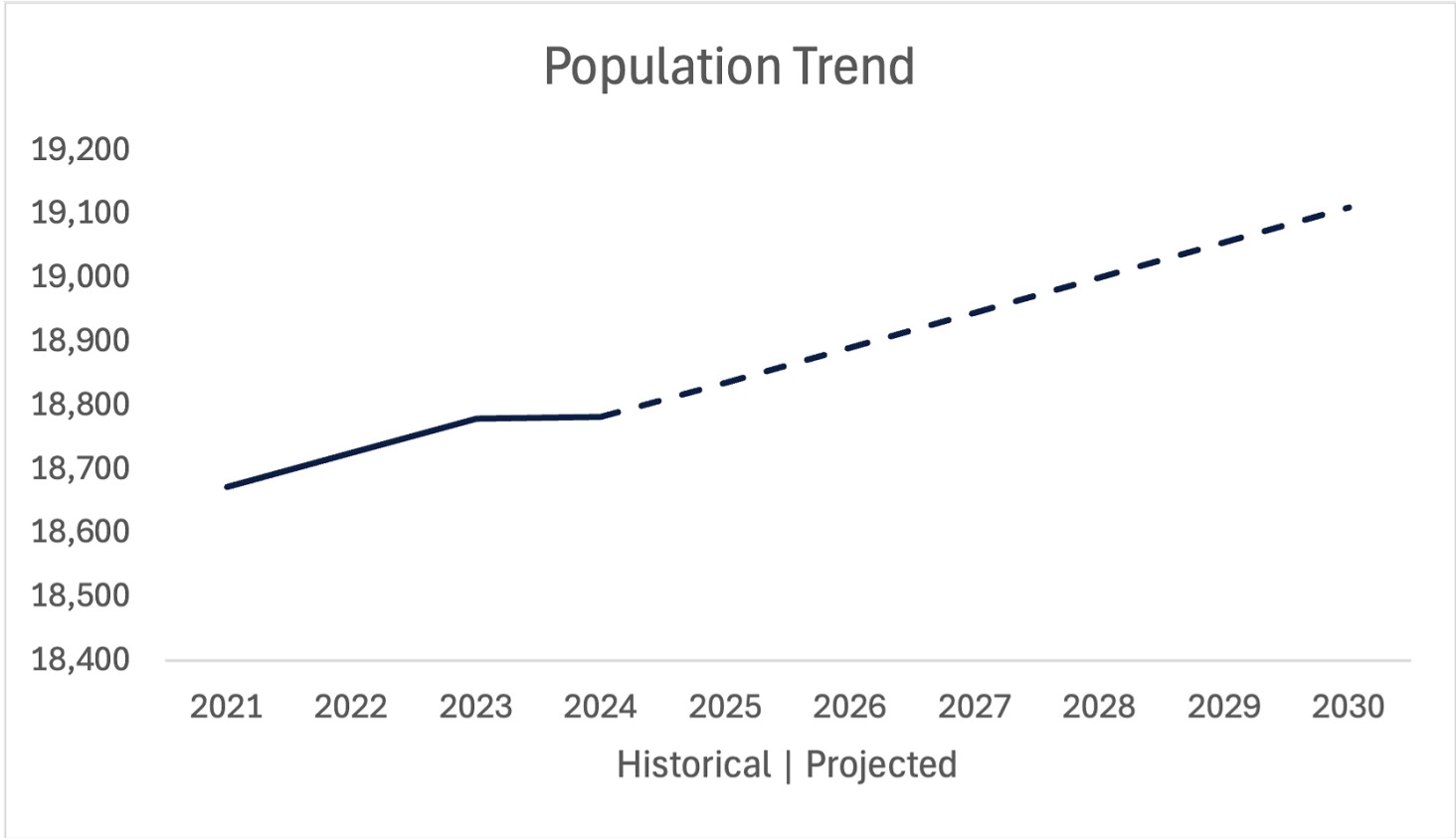
Est. Population (2024)
18,782



Median Age
49



Median Income
\$105,044



East Lyme’s population totaled 19,004 residents in 2024 based on U.S. Census Bureau estimates and is projected to increase modestly through 2030. The town is a stable coastal community characterized by consistent residential demand and long-term planning visibility. With a median household income of \$105,044 and a median age of 49, East Lyme reflects a mature, high-income demographic supportive of quality retail, professional services, healthcare, and community-oriented uses. Sources: U.S. Census Bureau Population Estimates Program (2020–2024); American Community Survey 5-Year Estimates; ESRI 2025–2030 projections.



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