

Commercial Lease
5106440
Active

37 Plaistow Road
Plaistow
Unit/Lot # 5

NH 03865

Listed: 8/24/2026 \$3,400.00 /\$

Leased:

DOM: 0



County NH-Rockingham
Village/Dist/Locale
Year Built 1988
Construction Status
Building Area Total 22,666
Building Area Source Public Records
Total Available Area 2,593
Total Available Area Source Owner

Lease Amount Frequency Monthly
Lease/Sublease Lease
Lease Type Other
Lease Term
Zoning C-1
Road Frontage Length
Lot Size Acres
Lot Size Square Feet
Traffic Count

Activation Date

Business Type Retail



[Schedule a Showing](#)

Directions Rt 125/Plaistow Rd across from Market Basket

Public Remarks PRIME ROUTE 125 RETAIL OPPORTUNITY! Formerly occupied by a vape shop, this approximately 2,593 SF unit offers a wide-open layout ready for a new tenant's vision and buildout. The space features approximately 10-foot ceilings, a newer HVAC unit, a private half bathroom, kitchenette, rear egress, and excellent storefront visibility. Unit #5 was formerly occupied by H&R Block and includes existing structured voice and data cabling, Comcast Business equipment, security-system components, and an electrical distribution panel. An exterior Master-Bilt commercial refrigeration system is also present, with nameplate specifications indicating multiple refrigerated applications, including two approximately 35°F circuits and one approximately -10°F circuit. Prospective tenants shall independently verify equipment ownership, service availability, operating condition, remaining components, capacity, compatibility, functionality, and suitability for their intended use with appropriately qualified professionals. Located within Great Elm Plaza at a signalized intersection along Plaistow's heavily traveled Route 125 retail corridor, the property benefits from exposure to approximately 22,000 vehicles per day and convenient access from both New Hampshire and Massachusetts. The property is directly across from the Market Basket/Kohl's Plaza shopping center and surrounded by major retailers, restaurants, and service businesses. Great Elm Plaza offers more than 70 on-site parking spaces, prominent signage opportunities, and convenient ingress and egress. The surrounding five-mile trade area includes approximately 94,000 residents, more than 36,000 households, and an average household income exceeding \$133,000. Ideal for specialty retail, boutique, showroom, professional office, personal services, medical, wellness, or other compatible uses, subject to landlord and municipal approval. Available now under a modified-gross lease structure with CAM charges.

STRUCTURE

Roof Asphalt Shingle
Basement
Basement Access Type

Ceiling Height 10 Feet
Building Number
Total Elevators
Total Units 1
Total Loading
of Stories
Docks
Divisible SqFt Min
Dock Levelers
Divisible SqFt Max
Dock Height
Total Drive-in
Doors
Door Height

UTILITIES

GasNatAval
Water Source Public
Sewer Public

Utilities Gas On-Site
Internet Unknown
Fuel Company
Electric Company
Water Company
Cable Company
Phone Company
Internet Service Provider

LOT / LOCATION

Submarket
Project Building Name Great Elm Plaza
ROW Length
ROW Width
ROWParcAc
ROWOthPar

Waterfront Property
Water View
Water Body Access
Water Body Name
Water Body Type
Water Frontage Length
Waterfront Property Rights
Water Body Restrictions

FEATURES

- Air Conditioning Percent

Sprinkler

Signage

Railroad Available

Railroad Provider
- Green Verification Body

Green Building Verification Type

Green Verification Year

Green Verification Rating

Green Verification Metric

Green Verification Status

Green Verification Source

Green Verification NewCon

Green Verification URL

REMARKS -- OWNER/OCCUPANT -- SHOWING INSTRUCTIONS	DISCLOSURES
Private Remarks LMSPI uses digital payment platform for all deposits, no paper checks or wire transfers accepted. This unit advertised may no longer be available for rental. Subject to the Landlord's approval of tenant's income, credit, and background check through a third-party Tenant Reporting company \$29.00 fee per adult. Availability, pricing & requirements subject to change. Property owner makes no warranties, whether expressed or implied, on the accuracy of the info contained within this ad. Private Office Remarks	Flood Zone Seasonal Right of First Refusal

Showing Service ShowingTime

Owner Name Jalarambapa, Llc

Owner Phone

Management Company

Management Company Phone

LISTING & CLOSING INFORMATION			
Listing Office - Office Name	Lillian Montalto Signature Properties	MLS List Date	8/24/2026
Listing Office - Phone Number	Off: 978-475-1400	Expiration Date	12/31/2026
Listing Office - Phone Number 2	Fax: 978-475-5222	Active Under Contract Date	
List Agent - Agent Name	Samantha Lalonde	Pending Date	
List Agent - Phone Number	Phone: 978-475-1400	Withdrawn Date	
List Agent - E-mail	slalonde@andoverhomes.com	Terminated Date	
List Team - Team Name		Leased Date	
List Team - Phone Number 1			
List Team - Team Email 1			
Co List Agent - Agent Name		Marketed in other Property Type	No
Co List Agent - Phone Number		Other MLS#	
Co List Agent - E-mail		Comp Only	No
Alternate Contact - Agent Name		Comp Type	
Alternate Contact - Phone Number		Listing Type	Exclusive Right
Alternate Contact - E-mail		Listing Service	Full Service
Buyer Office - Office Name		Designated/ Apptd. Agency	No
Buyer Office - Phone Number 1		Original List Price	\$0
Buyer Office - E-mail			
Buyer Agent - Agent Name			
Buyer Agent - Phone Number			
Buyer Agent - E-mail			
Buyer Team - Team Name			
Buyer Team - Phone Number 1			
Buyer Team - Team Email 1			
Co Buyer Office - Office Name and Phone			
Co Buyer Agent - Agent Name and Phone			

My Info: Lillian Montalto - Cell: 978-815-6300

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