

1404-1406 MCGAVOCK PIKE | NASHVILLE, TN 37216

- ▷ 1,700-5,225 SF Available — Divisible
- ▷ East Nashville Neighborhood Hub
- ▷ Flex | Light Production | Maker / Studio | Non-Traditional Retail

STRIDE

COMMERCIAL

1404-1406 McGavock Pike

FLEX + LIGHT PRODUCTION FOR LEASE // EAST NASHVILLE // NASHVILLE, TN 37216

Building Snapshot

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Total Building SF	: ~14,000 SF across 3 buildings
Building Configuration	: Two-level building. Lower level (subject) faces rear alley with at-grade access; upper level fronts McGavock Pike with traditional storefront retail (occupied)
Available SF	: 1,700-5,225 SF — 3 lower-level suites, already demised
Divisible	: Yes — already demised into 3 separate suites
Year Built	: 1962
Zoning	: MUL-A (mixed-use limited) — UZO overlay
Ceiling Height	: 8 ft
Loading	: 1 roll-up door
Signage	: One 4x8 sign + one 2x4 sign (placement TBD)
Parking	: On-site surface parking adjacent to entry; additional parking opportunities available on nearby lots through landlord.
Delivery Condition	: Negotiable — second-gen shell / warm whitebox flex
Best Uses	: Light production, light assembly, food/beverage production, maker / studio, fitness, non-traditional retail, creative office
Availability	: Available Now



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Executive Summary

OPPORTUNITY

1404–1406 McGavock Pike offers 1,700 to 5,225 SF of lower-level flex and light production space across three already-demised suites in East Nashville. The lower level — accessed from the rear alley with at-grade entry and a roll-up loading door — is well suited for makers, light assembly, food and beverage production, fitness, and non-traditional retail or service operators who don't depend on street-front exposure. The upper level fronts McGavock Pike with traditional storefront retail and is fully occupied. Built in 1962 across a ~14,000 SF, 3-building campus, the property has a deep tenant history including a florist and commercial kitchen. Spaces deliver in second-generation shell / warm whitebox condition and can be leased individually or combined. MUL-A zoning with UZO overlay supports a broad range of production, service, and select retail uses.



HIGHLIGHTS

- Three demised lower-level suites — 1,775 SF / 1,700 SF / 1,750 SF — lease individually or combine up to 5,225 SF
- Second-gen shell / warm whitebox condition — negotiable delivery to suit tenant needs
- Lower-level alley access with at-grade entry and roll-up loading door — built for makers, light production, and operators with delivery or production needs
- Prior commercial kitchen tenant — building has supported food and beverage production uses; new operators to verify required infrastructure for their specific use
- Suited for destination operators — fitness, makers, specialty retail, and service businesses with built-in customer demand who don't need street-front exposure
- MUL-A zoning with UZO overlay — broad flexibility for production, service, creative, and select retail uses
- In-suite bathrooms in Suites 1 and 2 — plumbing in place for tenant fit-out
- Suite 3 includes light food production infrastructure from prior commercial kitchen tenant — verify specific scope with broker

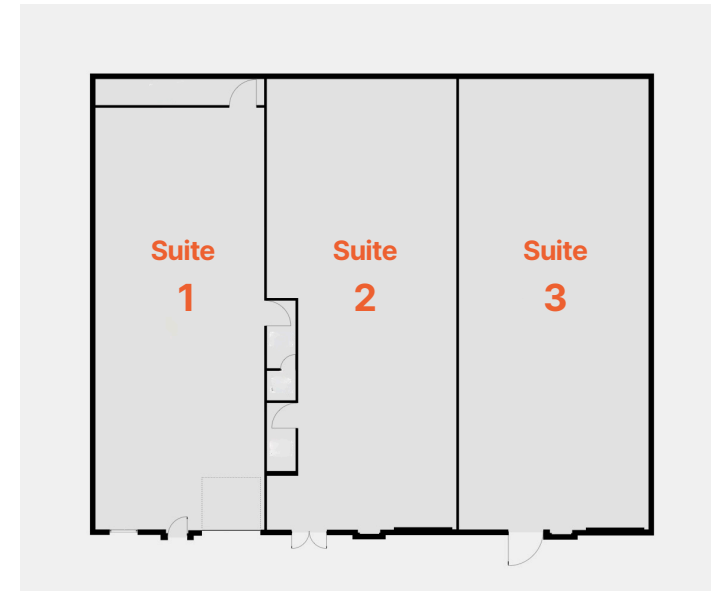
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Suite Availability

Suite	SF	Condition	Availability
Suite 1	1,775 SF	Second-gen shell / warm whitebox	Available Now
Suite 2	1,700 SF	Second-gen shell / warm whitebox	Available Now
Suite 3	1,750 SF	Second-gen shell / warm whitebox	Available Now
Suites 1 + 2	3,475 SF	Combined configuration	Available Now
Suites 1 + 2 + 3	5,225 SF	Full lower-level	Available Now



SUITE NOTES

- All three suites are already demised — available individually or in any combination
- Suites 1 + 2 combined (3,475 SF) or all three (5,225 SF) available for larger users
- Suite 1 features a roll-up loading door at alley access; Suites 1 and 2 include in-suite bathrooms; Suite 3 includes light food production infrastructure

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About the Space



1

SUITE 1 — 1,775 SF

- **Size:** 1,775 SF — lower level
- **Condition:** Second-gen shell / warm whitebox
- **Features:** Roll-up loading door at alley access; in-suite bathroom
- **Availability:** Available Now
- **Best for:** maker / studio, light production, fitness, non-traditional retail

2

SUITE 2 — 1,700 SF

- **Size:** 1,700 SF — lower level
- **Condition:** Second-gen shell / warm whitebox
- **Features:** In-suite bathroom; combinable with Suite 1 (3,475 SF combined)
- **Availability:** Available Now
- **Best for:** maker / studio, light production, fitness, non-traditional retail

3

SUITE 3 — 1,750 SF

- **Size:** 1,750 SF — lower level
- **Condition:** Second-gen shell / warm whitebox
- **Features:** Light food production infrastructure (verify scope with broker); combinable with Suites 1 + 2 (5,225 SF total)
- **Availability:** Available Now
- **Best for:** light production, F&B operators, larger maker uses

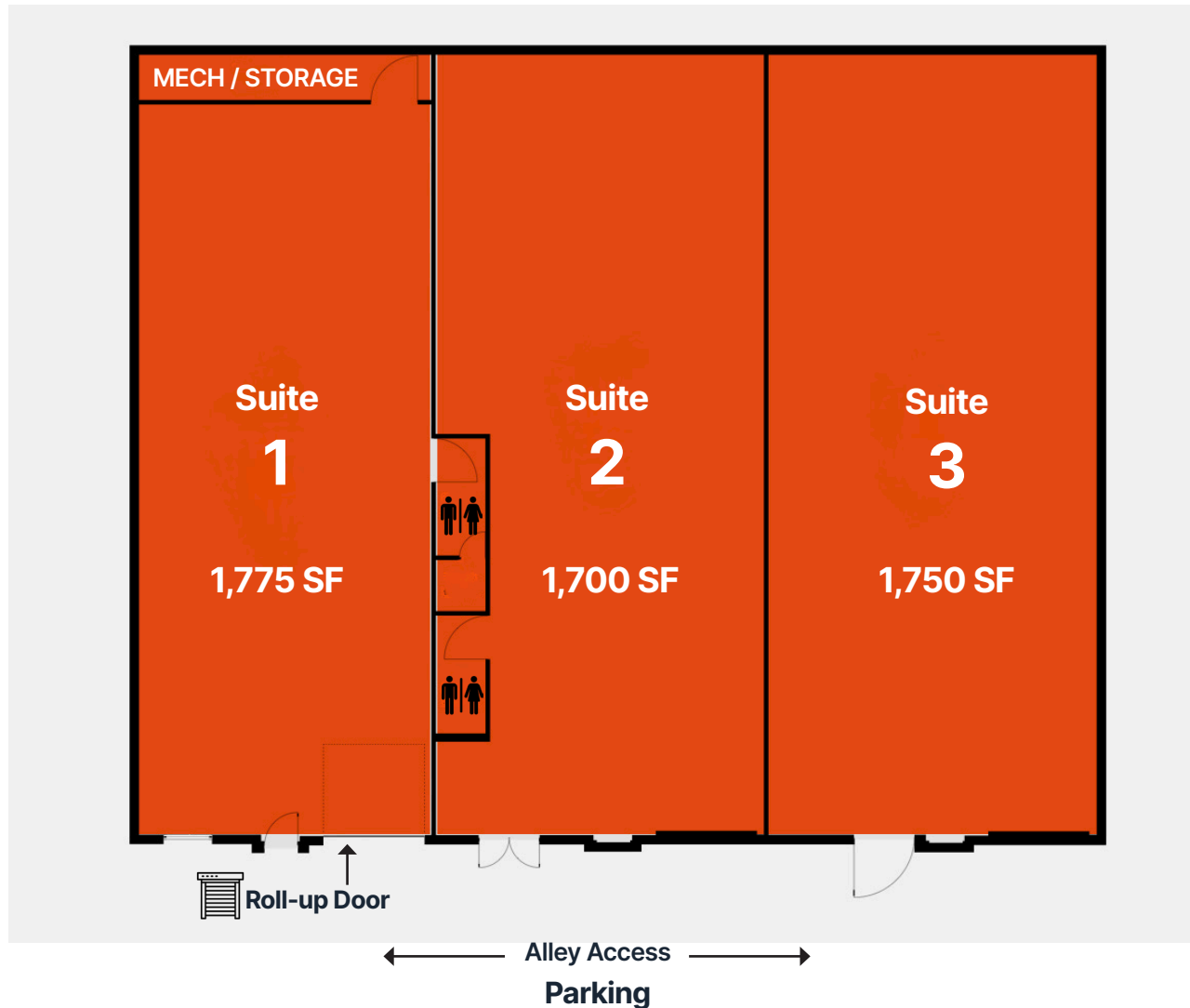
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Floor Plan

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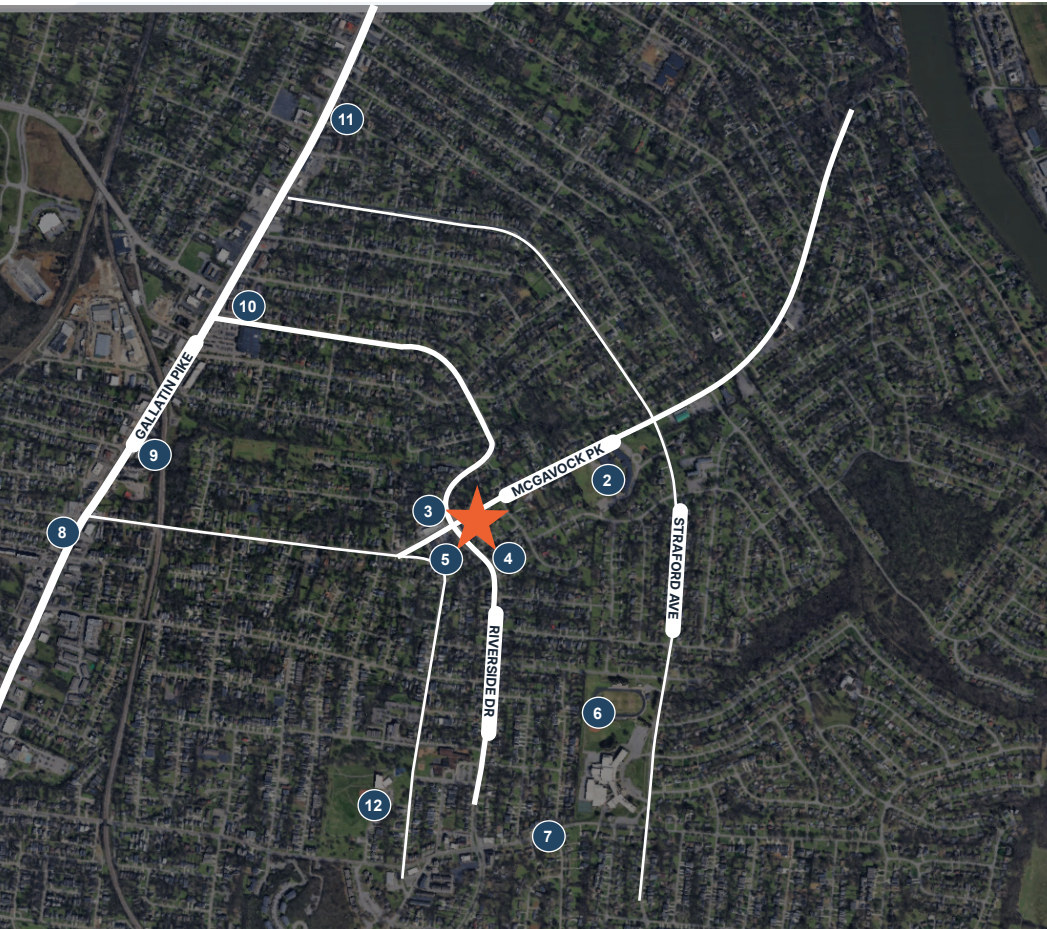
Floor plans for illustrative purposes; dimensions subject to field verification

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Location & Access



★ 1404 - 1406 MCGAVOCK PIKE

2. East End Prep
3. Ladybird Taco
4. Village Pub and Beer Garden
5. Sabell's Grill
6. Stratford Spartan Stadium

7. Babo Korean Bar
8. 7 Brew Coffee
9. Juicy Seafood
10. Walgreens
11. Inglewood Lounge
12. South Inglewood Park

DRIVE TIMES

Shelby Park & Shelby Bottoms Greenway	: ~0.5 miles / ~2 min
Five Points (East Nashville)	: ~1 mile / ~4 min
Gallatin Ave Corridor	: ~0.5 miles / ~2 min
Downtown Nashville	: ~3 miles / ~8 min
I-24 / I-65 Access	: ~2 miles / ~5 min
BNA Nashville Int'l Airport	: ~6 miles / ~12 min via I-40
Briley Pkwy (SR-155)	: ~1.5 miles / ~4 min

NEIGHBORHOOD CONTEXT

- Located in Riverside Village — an established East Nashville neighborhood retail and dining cluster on McGavock Pike
- Riverside Village anchors include Ladybird Taco, Sa'Bell's Grill, Village Pub and Beer Garden, and Apple and Oak Gift Shop — a walkable, community-driven node
- ~0.5 miles to Shelby Park and Shelby Bottoms Greenway — one of Nashville's most active recreational amenities
- ~1 mile to Five Points — East Nashville's most active commercial and dining intersection
- Roll-up loading door on lower level — accessible for operators with light delivery or production needs

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Amenities & Neighborhood

ABOUT RIVERSIDE VILLAGE

Riverside Village is an established East Nashville neighborhood retail and dining cluster centered on McGavock Pike, just north of Shelby Park. The Village draws a loyal, walkable customer base of long-term East Nashville residents who support neighborhood-rooted businesses — anchored by Ladybird Taco, Sa'Bell's Grill, Village Pub and Beer Garden, and Apple and Oak Gift Shop. The subject property has served as a community gathering hub across multiple tenancies — florist, commercial kitchen, and retail — reflecting the versatile, community-forward character of the corridor. Shelby Park and Shelby Bottoms Greenway, less than half a mile away, bring consistent outdoor recreation traffic to the area year-round.

NEARBY AMENITIES

- Riverside Village — adjacent neighborhood retail and dining cluster anchored by Ladybird Taco, Sa'Bell's Grill, and Village Pub (~0.1 mi)
- Shelby Park — Nashville's largest urban park with sports fields, greenway, and dog park (~0.5 mi)
- Shelby Bottoms Greenway — 9-mile multi-use trail along the Cumberland River (~0.5 mi)
- Five Points — East Nashville's primary commercial intersection with dining, bars, and retail (~1 mi)
- The 5 Spot — East Nashville live music venue (~1 mi)
- Ugly Mugs Coffee — neighborhood coffee staple (~1 mi near Five Points)
- Gallatin Ave commercial corridor — restaurants, breweries, retail (~0.5 mi)
- East Nashville Beer Works — craft brewery (~1.2 mi on Gallatin Ave)



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\$504,481

MEDIAN HOME VALUE

11,004

**LEISURE & HOSPITALITY
EMPLOYEES**

\$8,572

**FOOD & ALCOHOL SPENDING
PER HOUSEHOLD**

Market & Workforce

East Nashville's workforce, customer base, and accessibility for production, service, and destination operators.

CUSTOMER BASE

Established East Nashville households with above-average income and discretionary spending — the customer base for destination, fitness, and specialty operators.

TOTAL POPULATION (2025)	MEDIAN HH INCOME	MEDIAN HOME VALUE (1-MI)
1mi: 12,543	1mi: \$99,383	\$504,481 <i>Validates high-income walkable trade area</i>
3mi: 69,642	3mi: \$91,809	
5mi: 183,351	5mi: \$75,945	

Median age 37 across all three radii — prime spend demographic for fitness, F&B, specialty retail, and lifestyle services.

WORKFORCE & CONSUMER SPENDING (3-MILE)

A dense daytime workforce and meaningful per-household spending across destination categories.

Daytime Employment (3-mile)	Consumer Spending per Household (3-mile)
<ul style="list-style-type: none"> 29,084 total employees / 2,827 businesses 11,004 Leisure & Hospitality (largest sector — validates F&B and destination demand) 2,425 Goods-Producing (production peers within the trade area) 	<ul style="list-style-type: none"> \$8,572 Food & Alcohol \$4,965 Entertainment & Hobbies \$1,673 Apparel \$32,785 Total Specified Consumer Spending

ACCESS & CORRIDOR

Strong logistics access for production and distribution; moderate corridor traffic for non-traditional retail and service.

Drive Times to Key Logistics	Corridor Traffic (AADT)
<ul style="list-style-type: none"> Downtown Nashville: ~8 min I-24 / I-65 Access: ~5 min Briley Pkwy (SR-155): ~4 min BNA Nashville Int'l Airport: ~12 min 	<ul style="list-style-type: none"> McGavock Pike (at property): 5,064 (2023) Stratford Ave (east of property): 5,053 (2024) Gallatin Pike corridor (nearby): ~20,500 (2024)

Moderate neighborhood corridor traffic — well-suited for destination operators with self-driven customer demand. Higher-volume Gallatin Pike corridor sits within walking distance.

Sources: U.S. Census ACS 5-Year Estimates and Esri demographic projections (2025); TDOT TCDS / Tennessee Traffic History Database (2019–2024).

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