

CONTINENTAL GRAND | 21,938 RSF

FOR SUBLEASE: FULLY FURNISHED TURNKEY SUITE

400 N. CONTINENTAL BLVD., STE. 500, EL SEGUNDO



[CLICK HERE FOR VIRTUAL TOUR](#)

NEWMARK

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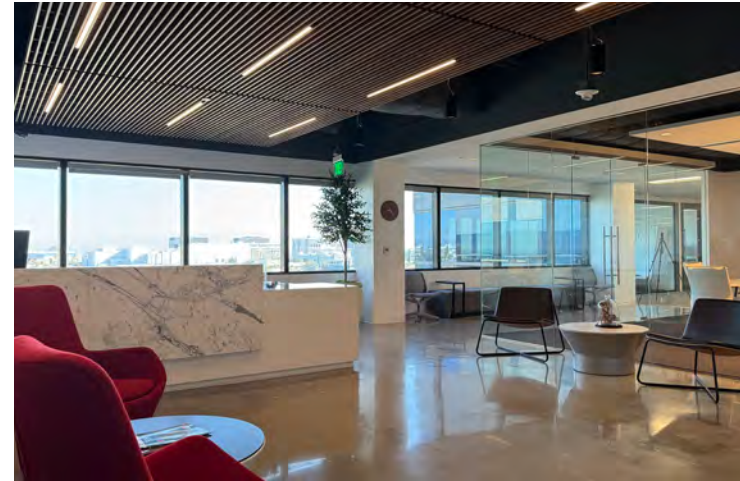
ERIC LASTITION

Exec. Managing Director

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Excellent Corporate HQ location with expansive windowline offices, multiple conference rooms, and efficient floor plan



Ability to deliver high-end, furnished plug-n-play space using existing improvements to reduce costs for a potential Sublessor



Special suite upgrades include an expansive kitchen/break area, a wellness room, a storage/copy room, and ensuite restrooms



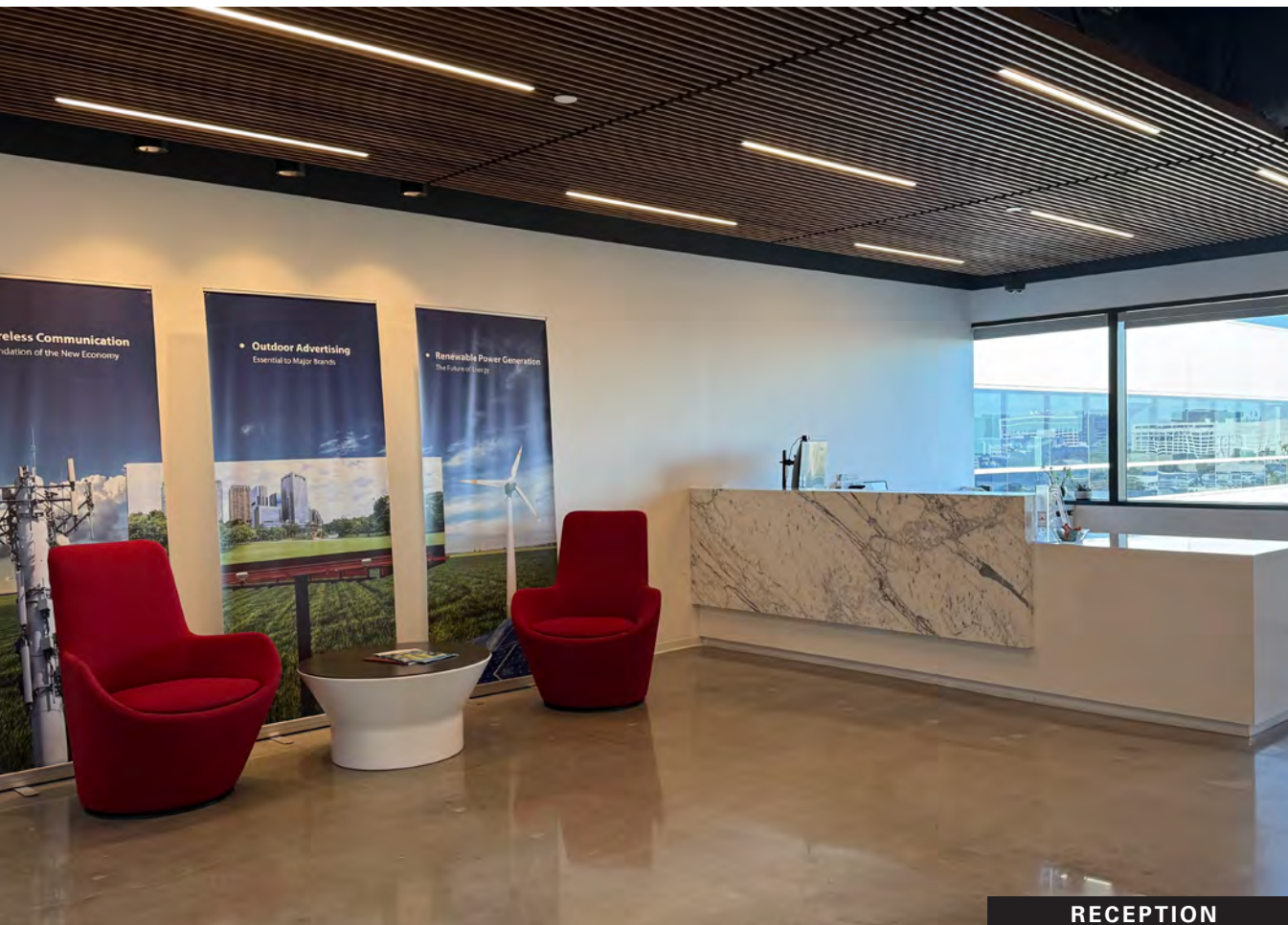
Prime South Bay location with quick connectivity to I-405, I-105, and LAX Airport for efficient access across greater L.A.



Class A office campus with professional management, 24/7 secured access, and visitor-friendly arrival and campus wayfinding



Campus features include outdoor workspaces, EV charging stations, a fitness center, and an on-site coffee shop - Smoky Hollow Roasters



RECEPTION



LARGE CONFERENCE



EXECUTIVE OFFICE

400 N. CONTINENTAL BLVD., STE. 500, EL SEGUNDO

SUBLEASE DETAILS

RENTABLE SQUARE FEET

±21,938 RSF

SUBLEASE TERM

Through June 30, 2029

SUBLEASE RENTAL RATE

\$2.95 per RSF, Full Service Gross

IDENTITY

Double door entry directly off of elevator

FURNITURE

Fully furnished suite

RESTROOMS

Exclusive Men's and Women's restrooms in suite

PARKING RATIO

4.0/1,000

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SMALL CONFERENCE

400 N. CONTINENTAL BLVD., STE. 500, EL SEGUNDO

SUITE PHOTOS



KITCHEN



TRAINING ROOM



SMALL CONFERENCE



PRIVATE OFFICE



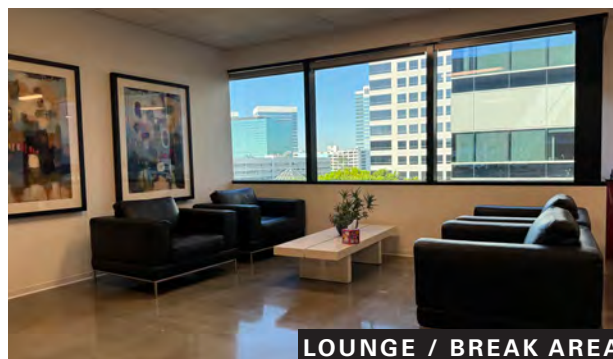
CUBICLES



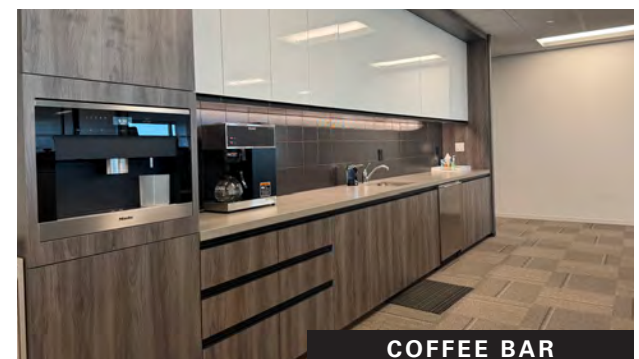
COPY / STORAGE



SMALL CONFERENCE



LOUNGE / BREAK AREA



COFFEE BAR

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FLOOR PLAN



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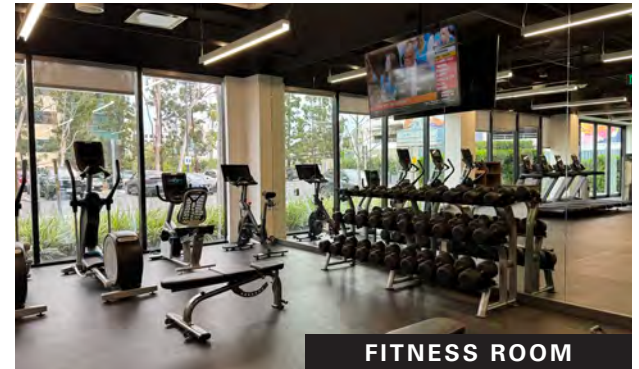
ONSITE AMENITIES



CONCIERGE



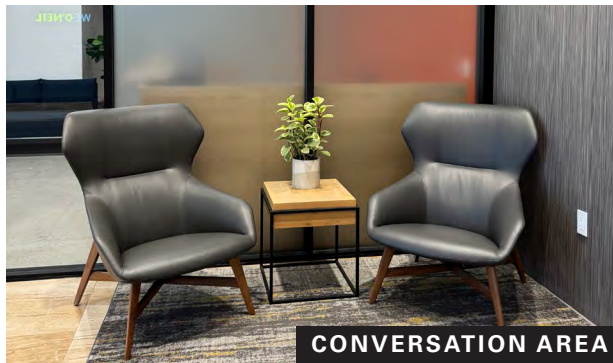
TRAINING ROOM



FITNESS ROOM



COFFEE SHOP



CONVERSATION AREA



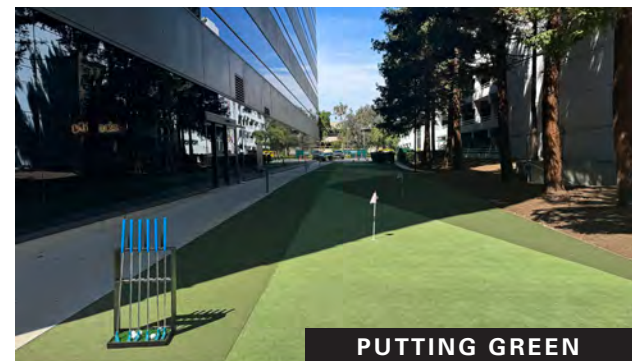
PING PONG



OUTDOOR SEATING



CORN HOLE



PUTTING GREEN

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400 N. CONTINENTAL BLVD., STE. 500, EL SEGUNDO

AMENITY MAP

DOWNTOWN EL SEGUNDO

Restaurants	
Ali'i Fish Company	Japonica
Big Mike's	Kagura
Blue Butterfly Coffee	Kreation Juicery
Brewport Tap House	Metro Cafe
Britt's BBQ	Pho Dreams
Chef Hannes	Porterhouse Bourbon & Bones
Chicken Dijon	Richmond Bar & Grill
Deluca Trattoria	Rinaldi's
El Gringo	Rock N Brews
El Segundo Brewing Co.	Sausal
El Tarasco	Second City Bistro
Ensenada's Surf N Turf Grill	Southwest Bread
Fantastic Cafe	Stuft Pizza
Good Stuff	Tavern on Main
Hana Haru Sushi	The Slice & Pint
Indian Summer	Toast Cafe
Jame	Two Guns Kitchen
	Wendy's Place Cafe

MANHATTAN VILLAGE

Retail		
Aerie	Sunglass Hut	Susie Cakes
Alo	Super Sports	Sweetgreen
Ann Taylor	Tempur-Pedic	Tin Roof Bistro
Anthropologie	Tommy Bahama	Urban Plates
Apple	Urban Outfitters	
Bath & Body Works	Vans	
Coreology Fitness	Victoria's Secret	
Corepower Yoga	West Elm	
CVS Pharmacy	Williams-Sonoma	
Cyclebar		
Faherty		
Francesca's Collections		
Gap/Gap Kids		
Gorjana		
Hallmark		
J. Jill		
Kiehl's		
LOFT		
Lovesac		
MAC Cosmetics		
Macy's		
Pottery Barn		
Pottery Barn Kids		
Quatrine Home		
Ralphs		
See's Candies		
Sephora		

Restaurants	
BOA Steakhouse	
Chili's Grill & Bar	
Coffee Bean & Tea Leaf	
Dan Modern Chinese	
Handel's Ice Cream	
Island's Fine Burgers	
Joey Manhattan Beach	
Merdaco	
Olive Garden	
Reborn Coffee	
Saint & Second	
Sidcar Doughnuts	
Silverlake Ramen	
Smashburger	
Sprinkles	
Sunlife Organics	
Sushi Roku	

Services	
Back in Time Escape Rooms	
Bank of America	
Chase	
Citibank	
Dermatology & Laser Center	
Foundation	
Heyday Skincare	
Manhattan Beach Endodontics	
Manhattan Beach Surgery Center	
Modern American Dentistry	
Reset by Therabody	
Joey Manhattan Beach	
Merced	
Sea Breeze Dental Group	
Stein Optometric Center	
Supercuts	
Surgery & Sports Medicine	
Union Bank	
US Bank	
Wells Fargo Bank	
West Coast Center for Orthopedic	
West Coast Sports Medicine	

OPEN EL SEGUNDO

Restaurants
Chicken Confidential
Five Guys
Malibu Eatery
Rubio's Coastal Grill
Silverback Coffee
The Kebab Shop

PLAZA EL SEGUNDO

Retail		Services
HomeGoods		Barry's Bootcamp
Nordstrom Rack		Chase Bank
PetSmart		CodeNinjas
The Container Store		Drybar
ULTA		Fidelity Investments
Whole Foods Market		Hammer Nails
		Hot Yoga
		Legacy Dance Academy
		Miracle Smile
		One Medical
		Orange Twist
		Simply Nail Bar
		Snip-its Kids Hair Salon/Spa
		Stretch Lab
		Sylvan Learning
		The Now Massage Boutique

Restaurants
California Fish Grill
goop kitchen
Marmalade Cafe
Oath Pizza
Pinkberry
Sauced BBQ & Spirits
Starbucks
The Veggie Grill

THE POINT

Retail		Restaurants
Allbirds		Cava
Athleta		Hopdoddy Burger Bar
Bonobos		Lil Simmy's
cotopaxi		Little Sister
Evereve		Mendocino Farms
Kendra Scott		North Italia
Lululemon		Pee't's Coffee & tea
Madewell		Pressed Juicery
Nike		Tocaya Organica
No Rest for Bridget		True Food Kitchen
OuterKnown		VanLeeuwen Ice Cream
Papersource		
Rabbit Ladders		
State & Liberty		
Sugarfina		
Warby Parker		
Yeti		

Services
BellaCures
Blue Mercury Skincare
Pause
Soulcycle
Vicara Aveda Salonspa

Restaurants
Bread & Butter
El Pollo Loco
Express Chinese Food
Jersey Mike's Subs
Petit Cafe
Sansai Japanese
Starbucks
Subway
WikiWiki Hawaiian BBQ

Services
Ralphs
Anytime Fitness
Mathnasi

ELEVON

Retail
Lakers Team Shop

Restaurants
Bowlology
Eat Fantastic
Grill by Petros
Kaya Sushi
Noah's Bagels
One Poke
Starbucks
Subway
The Flame Broiler

Services
Hollyway Cleaners
El Segundo Dermatology
Picture Perfect Lashes

CONTINENTAL GRAND

Retail
Walgreens

Restaurants
The Habit Burger Grill
Chipotle Mexican Grill

APOLLO LANDING

Restaurants
Calo Kitchen + Tequila
Philz Coffee
Randy's Donuts
Shake Shack
Tendergreens

CONTINENTAL PARK

Restaurants	Services
Chin Chin	Bay Bank
Eddie V's	Bank of Manhattan
Fleming's	Chase Bank
Fogo de Chao	Murad Inclusive Health Spa
Nomad Eatery	Orangetheory Fitness
Noah's Bagels	Sola Salons
Trimana	
Paul Martin's	
Starbucks	

MANHATTAN GATEWAY

Retail
Barnes & Noble
BevMo
Mother's Market
Office Depot
Old Navy
REI
The Vitamin Shoppe
Trader Joe's

Restaurants
Ill Fornaio
Cafe Rio Mexican Grill

MANHATTAN MARKETPLACE

Retail		
Bristol Farms	The Hummus Factory	
CVS Pharmacy	The Rice Teriyaki Sushi Roll	
Helen Cycles	Union Pizza Company	
GNC	Yogurtland	
Martin's Jewelry		

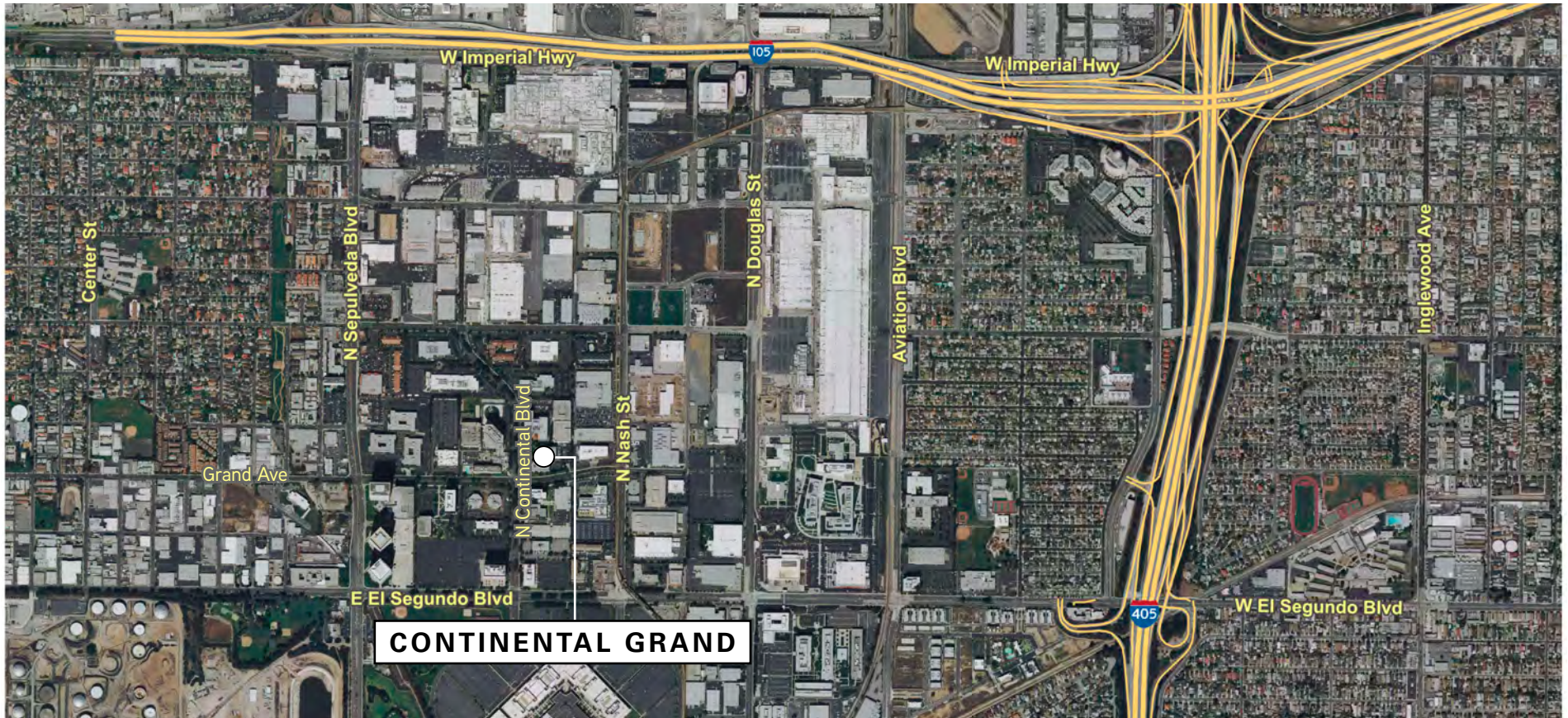
Services
Chase (ATM)
European Wax Center
Floyd's 99 Barbershop
Massage Envy
OneWest Bank
Planet Beauty
The Lash Lounge

Restaurants
Jamba Juice
Lido Di Manhattan
Nothing Bundt Cakes
Pachanga Mexican Grill
Tendergreens

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AERIAL MAP



FOR MORE INFORMATION:

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