



**±780 SF
For Sublease**

Turn-Key Commercial Kitchen | Sublease - San Diego MSA

144 S Orange Ave

El Cajon, CA 92020

MATTHEWS™

Exclusively Listed By



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MATTHEWS™



PROPERTY SUMMARY



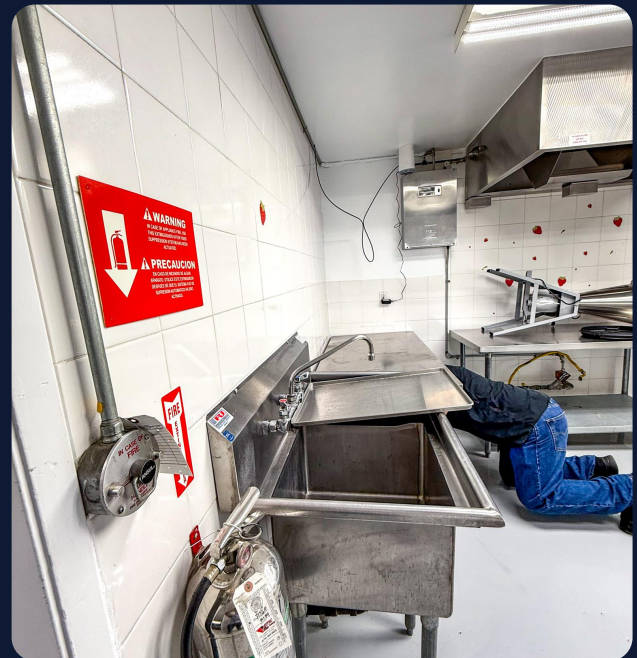
\$2.94/SF (\$2,289.69/Mo)
Lease Rate

- Sublease
- 780 SF Turn-Key Commercial Kitchen
- \$2.94/SF (\$2,289.69/mo)
- Sublease Thru February, 2027
(**Longer Term Available)
- Existing Kitchen Equipment
- Prime Downtown El Cajon Location

INTERIOR PHOTOS



INTERIOR PHOTOS





67

±100,000 VPD

Parkway Plaza

DICK'S SPORTING GOODS **BOB'S** DISCOUNT FURNITURE **Walmart** Supercenter

Ashley HOMESTORE **Bath & Body Works** **JCPenney** **ULTA** BEAUTY **FAMOUS** FOOTWEAR **TILLYS** **zumiez** **FINISH LINE** **H&M**



 **Narcanca Elementary**
±876 Students



±143,000 VPD



 **Cajon Valley Middle**
±967 Students

 **El Cajon Valley High**
±1,652 Students



W Main St ±13,900 VPD

Magnolia Ave ±53,000 VPD



 **Camden Park Apartments**
±70 Units

 **Cypress Park Apartments**
±99 Units

SAN DIEGO, CA



El Cajon serves as the principal commercial and industrial center of East San Diego County, combining a population of more than 100,000 residents with direct access to the broader San Diego economy. The city sits approximately 12 miles east of Downtown San Diego and benefits from connectivity via Interstate 8, State Routes 67 and 125, and regional transit. Its location provides industrial users with efficient access to central San Diego, the I-15 corridor, South County and cross-border trade routes while offering a comparatively cost-conscious operating environment.

The local economy is supported by manufacturing, healthcare, retail, education and service industries, creating a diverse employment base for warehouse, distribution and light-manufacturing users. El Cajon remains one of East County's most established industrial concentrations, with approximately 10.2 million square feet of industrial inventory. Industrial vacancy is notably constrained at 2.9%, compared with 7.4% across San Diego County, while recent leasing activity includes a 222,293-square-foot commitment by Amazon at Gillespie Field iPark. These fundamentals reinforce El Cajon's position as a strategically located industrial node within the San Diego region.

Population	1-Mile	3-Mile	5-Mile
2020 Population	37,926	164,757	358,980
2025 Population	37,612	161,917	352,708
2030 Population Projection	37,667	161,816	352,471
Households	1-Mile	3-Mile	5-Mile
2020 Households	12,631	56,888	128,239
2025 Households	12,430	55,472	125,241
2030 Household Projection	12,426	55,339	124,985
Income	1-Mile	1-Mile	3-Mile
Average Household Income	\$80,347	\$110,329	\$120,939

SAN DIEGO, CA INDUSTRIAL MARKET OVERVIEW



±1.55M SF

Under Construction As Of Q1 2025

±2.75M SF

Q1 Leasing Activity 2025

236,000 JOBS

Transportation & Warehousing 2025 Est.

SAN DIEGO, CA

San Diego is a dynamic metropolitan area and one of California's most desirable destinations, offering a unique blend of coastal lifestyle, innovation, and economic strength. As a hub for defense, biotech, higher education, and cross-border trade with Mexico, it benefits from an extraordinary combination of research institutions, entrepreneurial activity, and international connectivity. The region's mild climate, vibrant cultural scene, and high quality of life create compelling conditions for both retail and investment opportunities.

San Diego's industrial market is fueled by sustained tenant demand, geographic constraints, and strategic access to the U.S.–Mexico border. Submarkets such as Otay Mesa, Kearny Mesa, and Miramar are characterized by low vacancy rates, rising rents, and a diverse tenant mix spanning logistics, defense, and life sciences. Limited land availability and strict development regulations have created a supply-constrained environment, enhancing long-term asset value. As cross-border trade and e-commerce continue to expand, San Diego remains a high-performing industrial hub attracting institutional investment.

Total Population
3.3 Million

Annual Visitors
32 Million

Tourism Economic Impact
\$22 Billion

GDP
\$295.6 Billion



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This Leasing Package contains select information pertaining to the business and affairs of **144 S Orange Ave, El Cajon, CA 92020** ("Property"). It has been prepared by Matthews™. This Leasing Package may not be all-inclusive or contain all of the information a prospective lessee may desire. The information contained in this Leasing Package is confidential and furnished solely for the purpose of a review by a prospective lessee of the Property. The material is based in part upon information supplied by the Owner. Owner, nor their officers, employees, or agents makes any representation or warranty, express or implied, as to the accuracy or completeness of this Leasing Package or any of its contents and no legal liability is assumed or shall be implied with respect thereto. Prospective lessees should make their own projections and form their own conclusions without reliance upon the material contained herein and conduct their own due diligence.

Owner and Matthews™ expressly reserve the right, at their sole discretion, to reject any and all expressions of interest or offers to lease the Property and to terminate discussions with any person or entity reviewing this Leasing Package or making an offer to lease the Property unless and until a lease has been fully executed and delivered.

In no event shall a prospective lessee have any other claims against Owner or Matthews™ or any of their affiliates or any of their respective officers, Directors, shareholders, owners, employees, or agents for any damages, liability, or causes of action relating to this solicitation process or the marketing of the Property.

This Leasing Package shall not be deemed to represent the state of affairs of the Property or constitute an indication that there has been no change in the state of affairs of the Property since the date this Leasing Package.