

Office Building Space For Lease
199 Pomeroy Road, Parsippany, NJ 07054
**Turnkey 3rd Floor/Partially Finished 1st Floor: \$22.50 PSF Modified
Gross + \$1.75 PSF TE**
**2nd Floor and Partial 1st Unfinished Space Asking \$16.95 PSF
Modified Gross + \$1.75 PSF TE**

- High visibility Class B office building located within 0.7 miles of I287/Route 80 Interchange
- Excellent access to Route 80 (East/West VPD 286.9k) & I287 (North/South VPD 137.4k)
- Offering 75,000 square feet (divisible to +/- 12,000 sf) of turnkey and build to suit space across 3 floors ideal for manufacturing, professional/technical, finance, insurance, healthcare, social science, wholesaler, administrative and support service businesses
- Parking Ratio 4:1000 with 300 parking stalls
- Moments from Sheraton and Hyatt hotels as well as major national retailers, restaurants, schools, day care, banks, and most city conveniences
- Parsippany is a major employment hub and prime commuter location with high rank for public schools according to Niche.com
- Population density: 2,259 to 2,719 people per square mile, based on 2020–2026 data. Population estimates as of July 1, 2024 was 56,729, with a projected 2026 population of 56,889 (Ref: US Census Bureau). Many residential/multi-family and retail developments under way
- Key Labor Pool Metrics (Dec 2025): Labor Force: 31,614 Employed: 30,532 Unemployed: 1,082 Morris County Unemployment Rate: 3.7% as of Dec 2025 (Ref: US Bureau of Labor & Statistics – NJ Division of Economic Summary March 26,2026)



Property Information



Ideal Leasing For

- Company Headquarters or Satellite Offices
- Professional, Scientific, Technical Service Providers
- Finance, Insurance, Healthcare Providers
- Administrative & Support Services



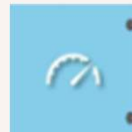
Strategic Location

- Exceptional Location Moments from Route 80 & I287 Interchange
- Extremely High Visibility from I287 (combined VPD 137.4K) and Moments From Rt 80 (combined VPD: 134.2K)
- Simple Access to Hotels, Shopping, and Lifestyle Services



High Visibility

- Located on I287 NE Corridor
- Easy Route Access for Staff & Clientele
- Parking Ratio 4:1000
- 300 parking stalls



For Lease

- 3 Floors, Class B, 75,000 sf (divisible +/- 12,000 sf) Office Building
- Turnkey Floor Space Immediately Available or Build to Suit



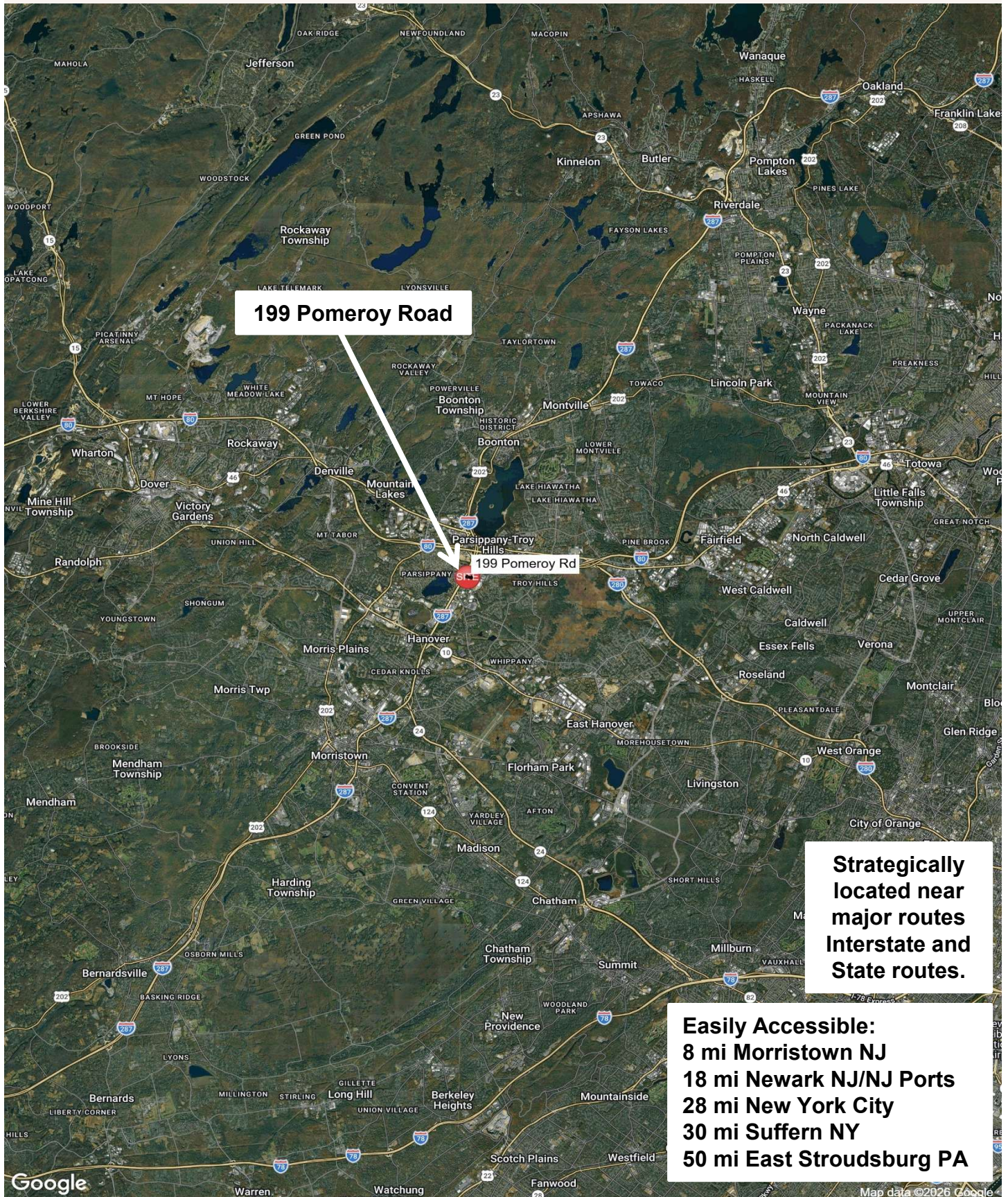
Traffic



Local Map and Surrounding Area



Location



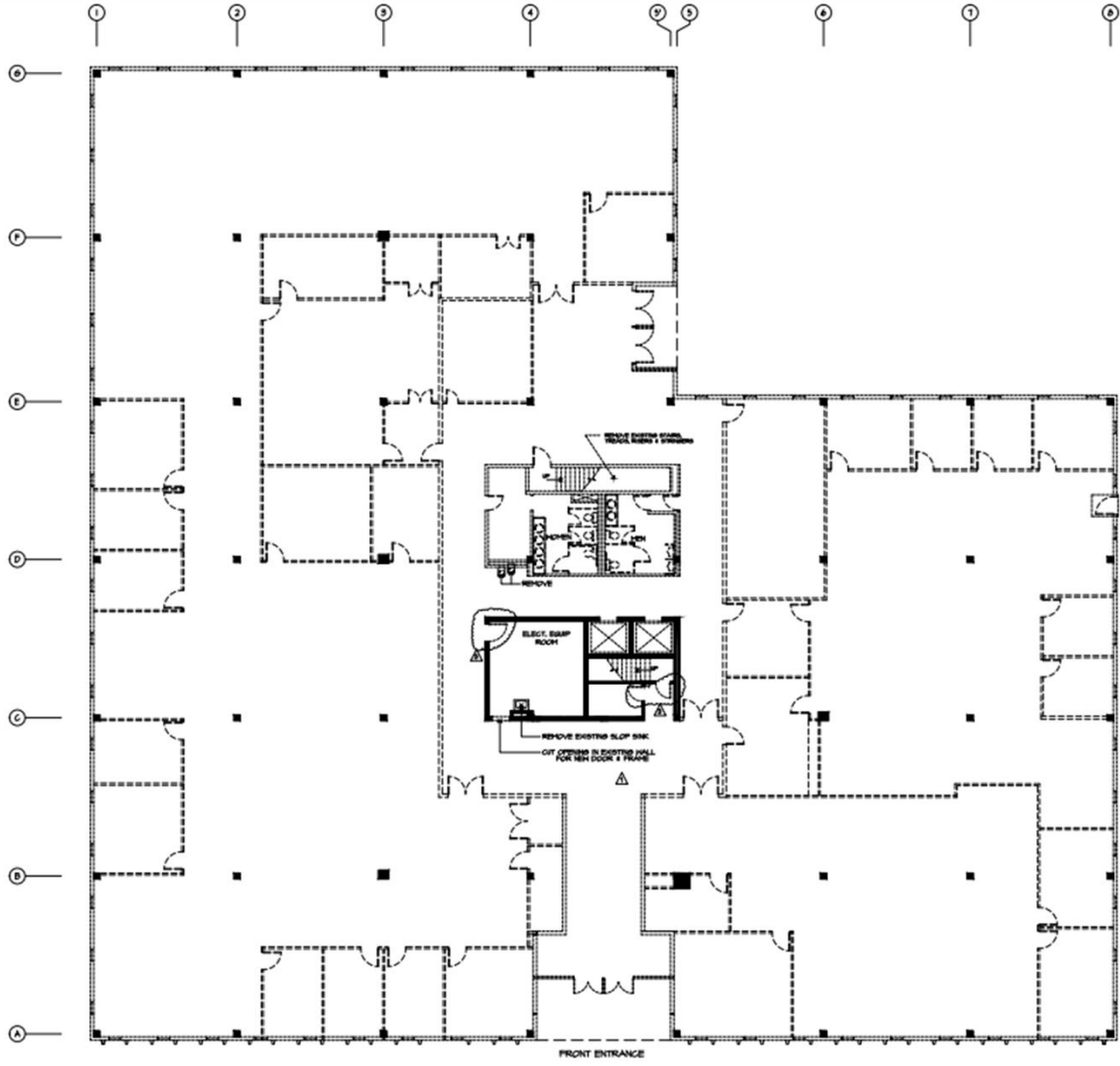
199 Pomeroy Road

199 Pomeroy Rd

Strategically located near major routes Interstate and State routes.

Easily Accessible:
8 mi Morristown NJ
18 mi Newark NJ/NJ Ports
28 mi New York City
30 mi Suffern NY
50 mi East Stroudsburg PA

1st Floor Plan

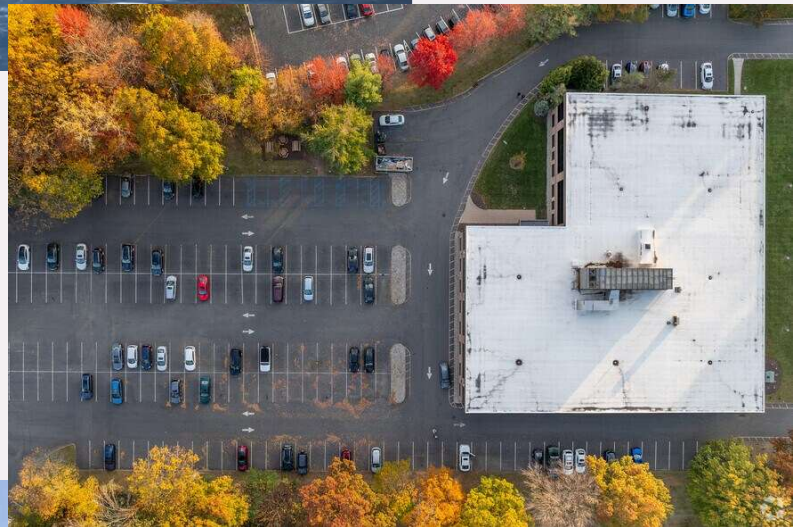


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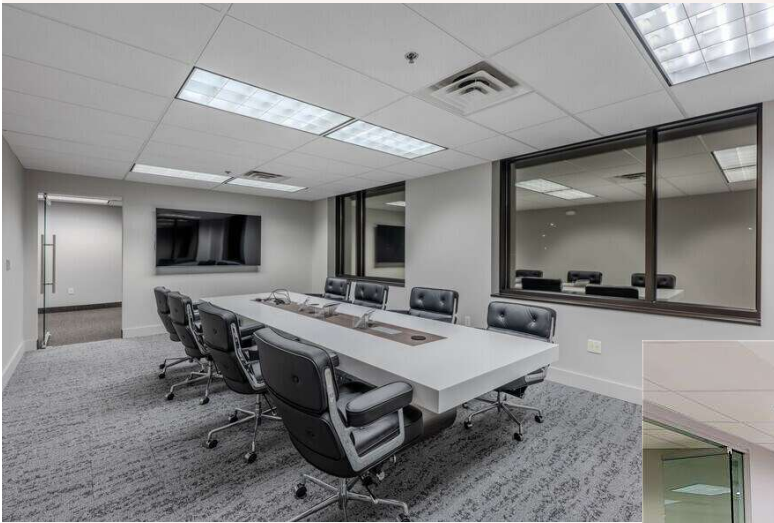
POWEROY ROAD

FIRST FLOOR PLAN

Building Exterior



Turnkey Interior



Build to Suit Interior



2nd Floor and Partial 1st Perfect for Build to Suit

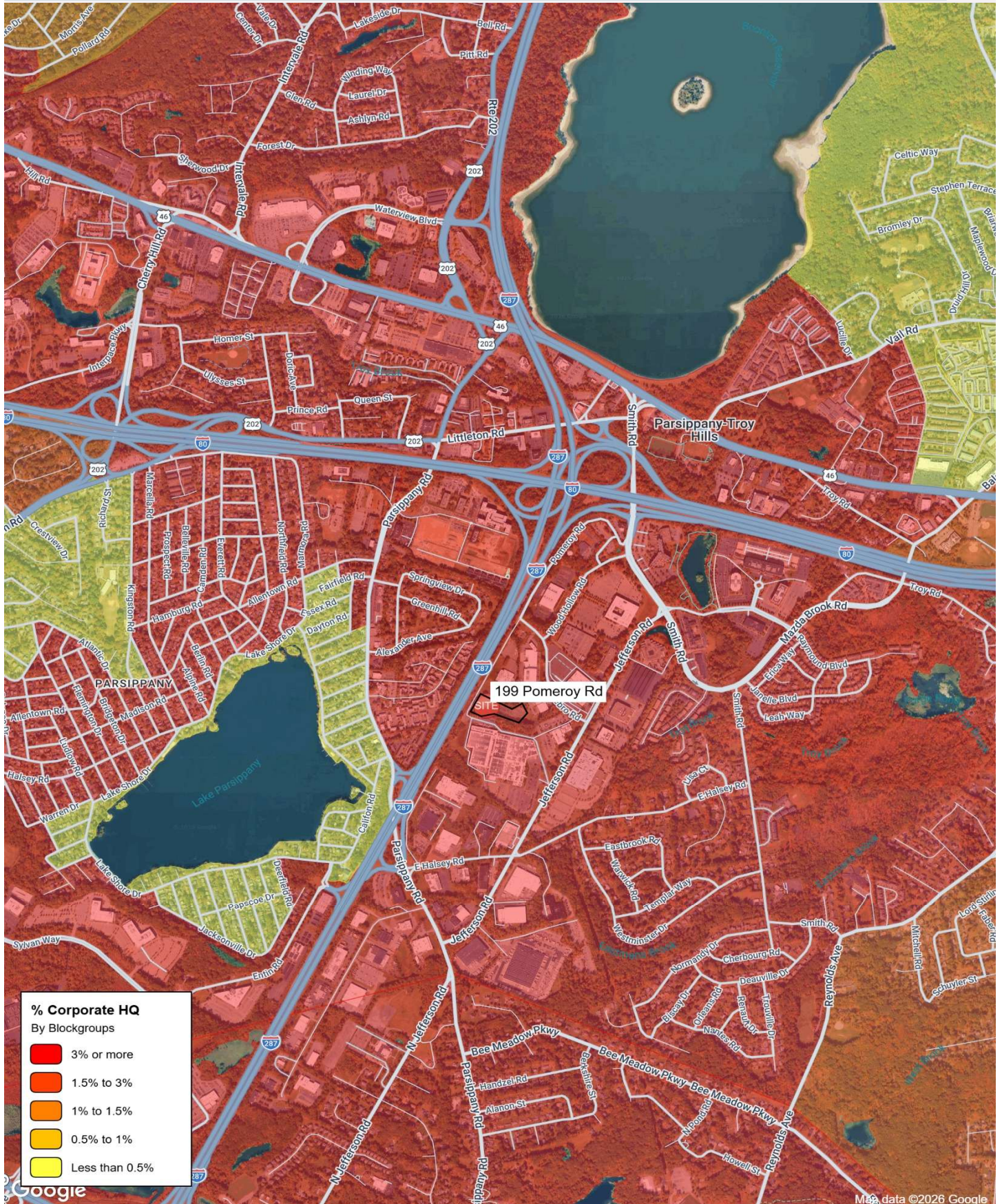


Demographics: Summary

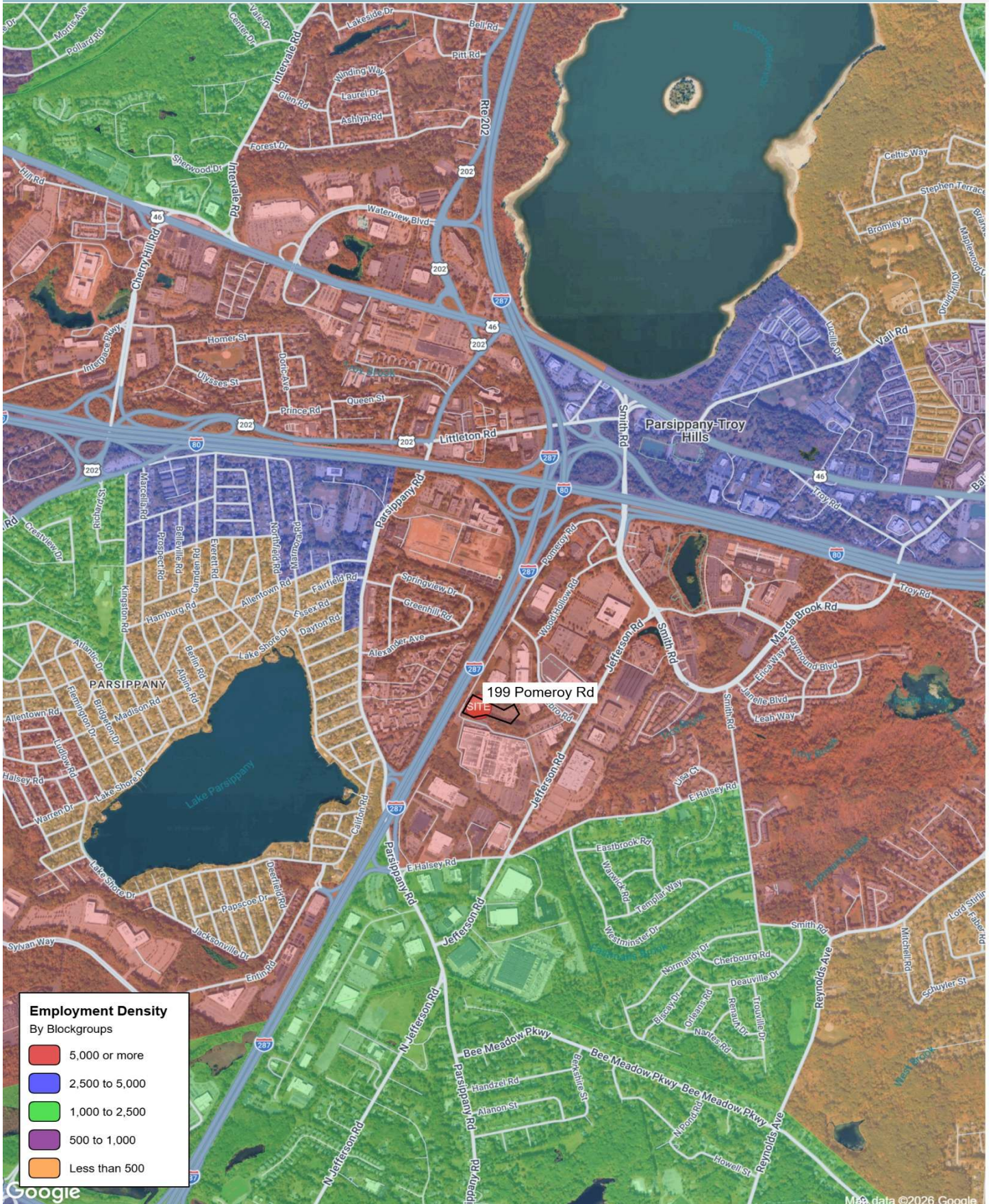


199 Pomeroy Rd Parsippany-Troy Hills, NJ 07054	1 mi Radius	3 mi Radius	5 mi Radius	10 mi Radius
Population	10,405	60,254	161,671	517,483
5 Yr Population	10,881	61,518	164,983	522,231
% Corporate HQ	7.5%	6.7%	5.3%	4.4%
Employees	17,078	70,709	150,040	370,824
Management, Business, Financial	1,291	8,192	22,636	73,700
Professional, Related	1,995	11,495	29,127	87,861
Sales, Office	1,068	5,924	15,891	47,861

Demographics: Corporate HQ Density



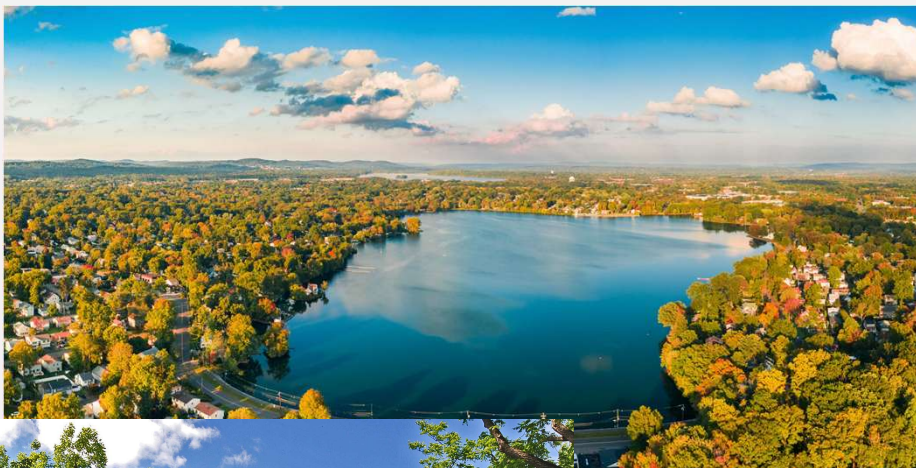
Demographics: Employment Density



Parsippany-Troy Hills Township



Strong economic growth and a high quality of life are the hallmarks of the Parsippany-Troy Hills community. Parsippany is ideally located at the interchange of I287, Route 80, and Route 280 affording easy commutes for employees and a perfect location for corporate headquarters or satellite offices that require high visibility for clientele and product services. Parsippany-Troy Hills Township is located in Morris County, the seventh largest county in New Jersey and known for its affluent neighborhoods and home of prominent pharmaceutical/tech corporate headquarters. The Town is known as the largest suburban commercial real estate market in New Jersey and boasts 32 parks and open spaces, including two 18-hole golf courses



← Lake Parsippany



← Benjamin Howell Homestead Built 1763

Connect & Disclaimer



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