

900-908 MAIN ST & 901 WOODLAND ST | NASHVILLE, TN 37206

STRIDE

COMMERCIAL

- ▷ Retail · Medtail · Creative Office
- ▷ East Nashville - Main St & Woodland St Corridor

Woodland & Main

RETAIL + OFFICE FOR LEASE // EAST NASHVILLE // NASHVILLE, TN 37206

Building Snapshot

900-908 MAIN ST & 901 WOODLAND ST |
NASHVILLE, TN 37206

Total Assemblage SF	: ~98,300 SF across 5 buildings
Buildings	: 900 Main St, 904 Main St, 908 Main St, 901 Woodland St, 9 S 9th St, 5 S 9th St
Asset Type	: Mixed-Use
Available Sizes	: <ul style="list-style-type: none">• 904 Main St, Suite B — 1,535 SF• 904 Main St, Suite C — 1,200 SF• 5 S 9th St — 2,585 SF• 9 S 9th St, Suite 7 — 1,207 SF
Lease Type	: NNN
Availability	: Immediate
Parking	: ~149 on-site spaces (third-party managed) + ~218 public/street spaces within a 3-min walk
Zoning	: 900-908 Main: MUG-A 901 Woodland: MUL-A Both within UZO overlay
Signage	: Retail/storefront signage opportunity available.



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901 WOODLAND ST

900 MAIN ST

9 S 9TH ST

5 S 9TH ST

908 MAIN ST

904 MAIN ST

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Executive Summary

OPPORTUNITY

Woodland & Main is a thoughtfully curated mixed-use assemblage at the intersection of Main Street and South 9th Street in East Nashville — one of the city's most vibrant and walkable commercial corridors. Spanning approximately 98,300 SF, the project delivers a cohesive mix of ground-floor retail, medtail, and creative office tenancies that define the character of this block. Four spaces are now available — ranging from a 1,200 SF warm whitebox retail suite to a 2,585 SF near-move-in-ready creative office floor — offering local and regional operators a rare opportunity to join an established, curated tenant community at one of East Nashville's premier addresses.



HIGHLIGHTS

- ~98,300 SF across the project — ground-floor retail, medtail, and creative office.
- 4 available spaces from 1,200–2,735 SF of move-in-ready retail, second-gen office, and medtail.
- High-visibility Main St (AADT 22,331) and Woodland St (AADT 9,447) frontage in established, walkable East Nashville
- Established co-tenants include Joyland, Butcher & Bee, Haraz Coffee, Dog Haus, Perfect Plant, WeWork, Radish, and more — full roster on page 8.
- MUG-A and MUL-A zoning with UZO overlay — flexible for retail, F&B, office, wellness, and medtail uses

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Suite Availability

Space	SF	Rate	Condition	Availability
904 Main — Suite B	1,535 SF	Contact Broker	Warm whitebox w/ new flooring	Available now
904 Main — Suite C	1,200 SF		Warm whitebox, taproom-prior (bar plumbing)	
5 S 9th St	2,585 SF	Contact Broker	Second-gen, near move-in ready	Available now
9 S 9th St, Suite 7	1,207 SF	Contact Broker	Second-gen medtail	July 1, 2026

SUITE NOTES

- Suite B and Suite C at 904 Main St can be leased individually or combined as a single 2,735 SF unit.
- 5 S 9th St can be demised to approximately 1,000 SF (lower or upper floor only).



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About the Space



1

904 MAIN ST — RETAIL (SUITES B & C)

- 2,735 SF total — available individually or combined
- Suite B: 1,535 SF — warm whitebox with newly installed flooring; most recently a barber shop
- Suite C: 1,200 SF — warm whitebox; most recently a taproom, with retained bar plumbing well-suited for F&B, coffee, or beverage concepts.
- Ground floor retail — ideal for F&B, boutique retail, medtail, or personal services
- As-is delivery

2

5 S 9TH ST — CREATIVE OFFICE / RETAIL

- 2,585 SF across two floors — divisible to $\pm 1,000$ SF
- Second-generation condition — near move-in ready
- Most recently a creative office; suited for marketing, design, legal, photography, architecture/interior design, studio use or boutique retail
- Available now

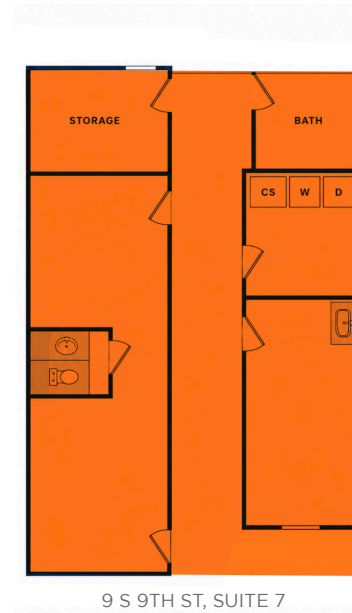
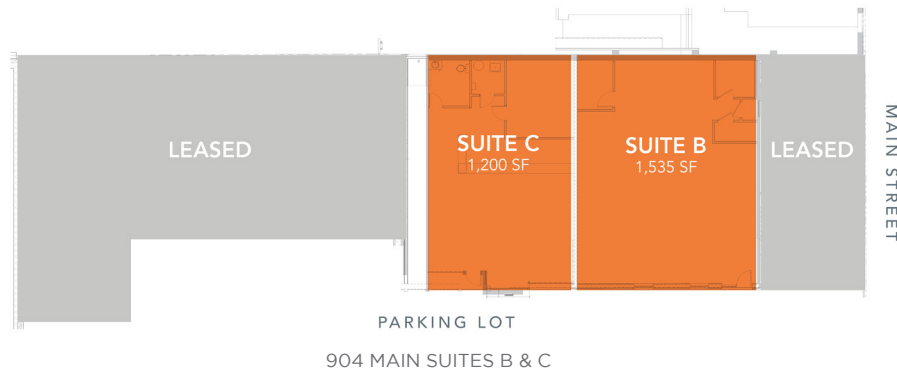
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9 S 9TH ST, SUITE 7 — MEDTAIL / RETAIL / CREATIVE OFFICE

- 1,207 SF — currently fitted as medtail (most recently aesthetics and skincare practice)
- Well-suited for aesthetics, med spa, chiropractic or physical therapy, IV/infusion center, optical, or similar medtail uses.
- Currently occupied — available July 1, 2026;

Floor Plan

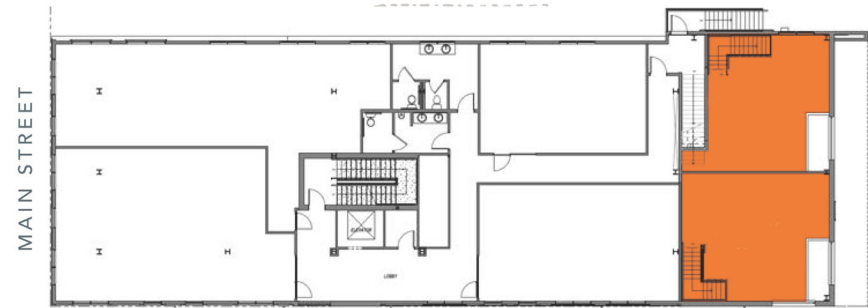
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1ST FLOOR



2ND FLOOR

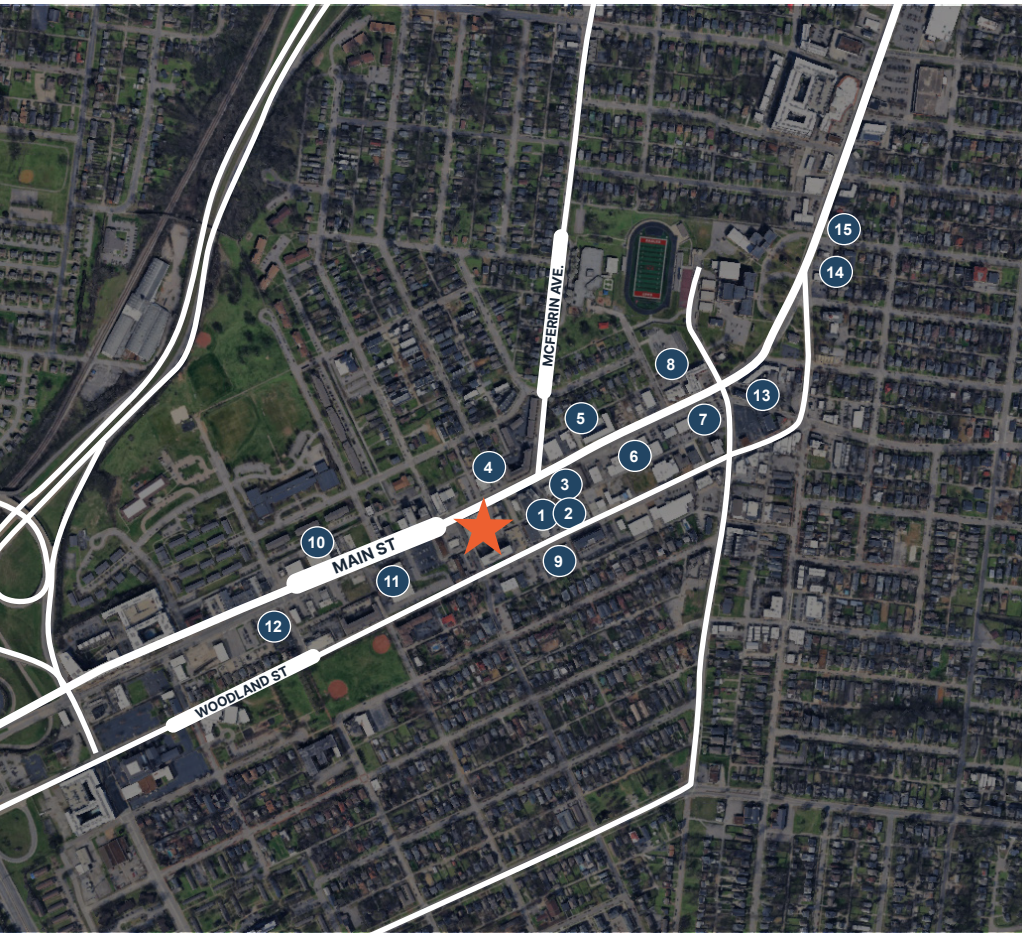


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Location & Access



★ 900 Main St, Nashville

- | | |
|------------------------------------|-------------------------------|
| 1. The Basement East | 8. Hunters Station |
| 2. Attaboy | 9. Bad Luck Burger Club |
| 3. Brave Idiot | 10. Love and Exile Bar |
| 4. Smith & Lentz Brewing and Pizza | 11. Yeast Nashville |
| 5. Koi Sushi & Thai | 12. Hawkers Asian Street Food |
| 6. Stoke Haus Brewing & Barbecue | 13. Duke's |
| 7. Noble's East Nashville | 14. Velvet Taco |
| | 15. Dino's Bar & Grill |

DRIVE TIMES & ACCESS

Five Points (East Nashville)	0.5 miles	~2 min
Gallatin Avenue	0.4 miles	~2 min
Nissan Stadium	1.1 miles	~4 min
Ellington Parkway	1.4 miles	~5 min
Dickerson Pike	1.5 miles	~5 min
East Bank Redevelopment (Oracle campus)	1.5 miles	~5 min
Downtown Nashville (Broadway)	1.9 miles	~7 min
Germantown	2.1 miles	~7 min
I-40	4.2 miles	~10 min
Briley Parkway	4.8 miles	~12 min

NEIGHBORHOOD CONTEXT

- Direct route from Downtown across the Cumberland River to Five Points and Gallatin Pike.
- Walking distance to Nissan Stadium and the broader SoBro/Downtown entertainment district.
- Direct connectivity to Ellington Parkway, I-24, and I-65 via Interstate Drive and Main St.
- Walkable, pedestrian-active neighborhood with strong daytime and evening foot traffic.
- MUG-A and MUL-A zoning with UZO overlay — maximum use flexibility for incoming tenants.
- Main St & Gallatin Ave Beautification Project — ongoing public realm investment in the corridor.

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Amenities & Neighborhood

ABOUT EAST NASHVILLE — MAIN ST CORRIDOR

The Main Street corridor is East Nashville's most prominent commercial artery, running parallel to the Cumberland River and connecting the neighborhood's residential core to the entertainment and sports district at Nissan Stadium. The stretch between 8th and 12th South has become a destination for locally-owned restaurants, breweries, boutiques, creative offices, and wellness businesses that draw both neighborhood residents and visitors from across Nashville. Woodland & Main sits at the heart of that activity — an established address with a tenant mix that reflects the neighborhood's character.

CO-TENANTS AT THE ASSEMBLAGE

- Joyland — East Nashville's beloved neighborhood burger spot
- Butcher & Bee — Mediterranean-inspired all-day dining
- Haraz Coffee House — specialty Yemeni-style coffee and community café
- Dog Haus — craft hot dogs, burgers, and beer hall
- Radish — health-forward dining concept
- LVD Bridal — boutique bridal salon
- N.B. Goods — locally-owned Nashville goods retailer
- Elevation Orthodontics — modern orthodontic care
- Black Heart Barber Co. — barber shop
- WeWork — flexible coworking and office (901 Woodland)
- Plus additional office and creative tenants in 900 Main 2nd & 3rd floors and 901 Woodland upper floors
- Perfect Plant Hemp Co. — East Nashville cannabis/hemp dispensary (904 A Main, next to Butcher & Bee)
- Branded Tattoo Co. — East Nashville tattoo studio (904 Main, Suite D)

ALSO NEARBY

- Nissan Stadium / Future Titans Stadium District — Tennessee Titans home (~1.1 mi W)
- Five Points — F&B and retail cluster (~0.5 mi N): Five Points Pizza, bartaco, Edley's BBQ, The Treehouse, Pie Town Tacos
- Shelby Park & Shelby Bottoms Greenway (~1 mi SE)
- East Bank Redevelopment (Oracle campus) — mixed-use district (~1.5 mi)
- Downtown Nashville / Broadway — restaurants, music, entertainment (~1.9mi W)
- Germantown — F&B and retail district (~2.1 mi NW)



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Traffic & Demographics

TRAFFIC COUNTS

ROAD	AADT 2024 (Vehicles per Day)
Main Street (at property)	22,331
Woodland Street (at property)	9,447

Source: TDOT Annual Average Daily Traffic (AADT) 2024.

DEMOGRAPHICS — ZIP 37206

28,545 TOTAL POPULATION	34 MEDIAN AGE	\$96,169 MEDIAN HH INCOME
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Source: U.S. Census Bureau, American Community Survey 5-Year Estimates (2019–2023), ZIP 37206.

ADDITIONAL DEMOGRAPHIC HIGHLIGHTS

- Bachelor's degree or higher: ~62.8% of adults — significantly above metro average
- Owner-occupied units: ~46% | Renter-occupied: ~54%
- Median home value: ~\$593,000
- ZIP 37206 has one of the highest median household incomes in the Nashville metro

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