



NORDIC
OIL AND GAS LTD

MANAGEMENT'S DISCUSSION & ANALYSIS

FOR THE THREE AND SIX MONTHS ENDED

JUNE 30, 2010

MANAGEMENT'S DISCUSSION AND ANALYSIS THREE AND SIX MONTHS ENDED JUNE 30, 2010

General

The following discussion of performance, financial condition and future prospects should be read in conjunction with the Company's financial statements and notes attached thereto for the three and six months June 30, 2010. The Company's financial statements are prepared in accordance with Canadian General Accepted Accounting Principles (GAAP). All figures are in Canadian dollars, unless otherwise noted. Additional information on the Company is available on the SEDAR website at www.sedar.com.

This Management Discussion & Analysis was prepared on August 30, 2010

Forward Looking Statements & Definitions

Certain statements contained in this Management Discussion & Analysis document constitute forward-looking statements. These forward-looking statements can generally be identified as such because of the context of the statements, including such words as "believes", "anticipates", "expects", "plans", "may", "estimates", or words of a similar nature. Such forward-looking statements involve a number of known and unknown risks, uncertainties and other factors, which may cause the actual results, performance or achievements of the Company to be materially different from anticipated future results and/or achievements expressed or implied by such forward-looking statements, which speak only as of the date the statements were made. Readers are therefore advised to consider the risks associated with any such forward-looking statements.

In certain parts of this document, the term BOE is used. BOEs may be misleading, particularly if used in isolation. A BOE conversion ratio of 6 Mcf: 1 barrel is based on an energy equivalency conversion method primarily applicable at the burner tip and does not represent a value equivalency at the wellhead.

Corporate Overview

Nordic Oil and Gas Ltd. ("Nordic", "the Corporation" or "the Company") is an oil, natural gas and coal bed methane (CBM) exploration and development company headquartered in Winnipeg, Manitoba, Canada. The Company is listed on the TSX Venture Exchange under the symbol: NOG.

Nordic Properties

As at June 30, 2010, Nordic had an 85% interest in 4,480 gross acres of land in Joffre, Alberta, Canada, approximately 30 kilometres east of Red Deer. As at this date, the Company had six wells on production on its Joffre lands – four Belly River wells, one Viking well and one CBM well. Furthermore, the Company also has three CBM wells drilled and cased, and another Belly River well awaiting tie-in.

Nordic also has an 80% interest in 31,999 gross acres of petroleum & natural gas leases, with rights to the basement, at Preeceville, Saskatchewan. There is no production coming from Saskatchewan at present.

In addition, as at June 30, 2010, the Company had a 100% interest in approximately 1,000 acres in the Lloydminster region of Alberta. As at this date, Nordic had nine heavy oil wells on production at Lloydminster averaging approximately 100 BBL/d. However, on August 26, 2010 the Company executed a sale agreement with Western Plains Petroleum Ltd. ("Western Plains")

with respect to the sale of a 66 2/3% interest in Nordic's land holdings and heavy oil wells located in Lloydminster, Alberta to Western Plains. Pursuant to the sales transaction, the Company received the purchase price of \$2,933,333, subject to closing adjustments.

Further, Nordic also has a 100% ownership position in three sections - approximately 1,920 acres - in the Peace River Arch region of northwestern Alberta. Although this land has yet to be developed, the Company has licensed three wells in the region and expects to drill each of them by the end of 2010.

The Company, in conjunction with its joint venture partner, Western Warner Oils Ltd., owns 3,856 hectares (9,528 acres) of coal leases located at Drumheller, Alberta. An independent consulting company has determined that the leases contain approximately 54,000,000 recoverable tonnes of coal. Preliminary evaluation of the mining potential of this property conducted by Norwest Resource Consulting Ltd. historically concluded the total calculated in place coal was 95,951,031 tonnes with 53,905,623 tonnes potentially recoverable. As at June 20, 2010, Nordic had no production from either Talbot Lake or Drumheller.

Critical Accounting Estimates & Changes in Accounting Policies

Voluntary changes in accounting policies are permitted only if they result in financial statements which provide more reliable and relevant information. Accounting policy changes are applied retrospectively unless it is impracticable to determine the period or cumulative impact of the change. Corrections of prior period errors are applied retrospectively and changes in accounting estimates are applied prospectively by including the effect of the change in earnings.

On January 1, 2007, the Company adopted the following new accounting standards that were issued by The Canadian Institute of Chartered Accountants ("CICA"): CICA Handbook Section 1530, "Comprehensive Income"; Section 3855, "Financial Instruments – Recognition and Measurement"; Section 3861, "Financial Instruments – Disclosure and Presentation"; and, Section 3865, "Hedges". The adoption of these new standards resulted in changes in the accounting for financial instruments. The Company adopted these standards at the beginning of the year and, in accordance with the Transitional provisions, the prior period balances have not been restated.

Section 1530 established standards for reporting and presenting comprehensive income. Comprehensive income comprises net income and other comprehensive income ("OCI") and includes all changes in equity (net assets) of the Company during the year except those resulting from investment by and distribution to owners. On adoption of the new standards, the Company determined that there was no other comprehensive income required to be recorded. As a result, comprehensive income consists solely of net income.

Section 3855 establishes standards for recognizing and measuring financial assets, financial liabilities and non-financial derivatives. Under Section 3855, financial instruments must be classified as held for trading ("HFT"), held to maturity ("HTM"), loans and receivables, available for sale ("AFS") financial assets or other financial liabilities. All financial instruments, including derivatives, are measured on the balance sheet at fair value, except for those classified as loans and receivables, HTM investments and other financial liabilities, which are measured at amortized cost using the effective interest rate method. Changes in fair value of HFT financial instruments are recorded in net income. Changes in fair value of AFS financial assets are recorded in other OCI until the investment

is sold or impaired; at which time, the realized gain or loss will be recorded in net income.

Section 3861 establishes standards for the presentation of financial instruments and non-financial derivatives and identifies the related information that should be disclosed.

Section 3865 describes when and how hedge accounting can be applied. The Company does not have any hedging relationships.

CICA Handbook Sections 3862 “Financial Instruments – Disclosures” and 3863 “Financial Instruments – Presentation,” are effective for interim and annual financial statements relating to fiscal years beginning on or after October 1, 2007. These Sections establish standards for presentation of financial instruments and non-financial derivatives and complement the principles for recognizing, measuring and presenting financial assets and financial liabilities in Handbook Section 3855 “Financial Instruments – Recognition and Measurement.” The sections deal with the classification of financial instruments, from the perspective of the issuer, between liabilities and equity, the classification of related interest, dividends, losses and gains, and the circumstances in which financial assets and liabilities are offset.

CICA Handbook Section 1535 “Capital Disclosures,” is effective for interim and annual financial statements relating to fiscal years beginning on or after October 1, 2007. The section requires the Company to disclose information that enables users of its financial statements to evaluate the Company’s objectives, policies and processes for managing capital.

Upon adoption of these new standards, the Company has designated its financial instruments, as follows: rate method. Held-for-trading financial assets and liabilities are measured at fair value with changes in fair value recognized in earnings. Loans and receivable financial assets and other financial liabilities are measured at cost or amortized cost if interest-bearing. Available-for-sale financial assets are measured at fair value with changes in fair value recognized in comprehensive income and reclassified to earnings when derecognized or impaired. Changes to the measurement of existing financial assets and liabilities at the date of adoption were adjusted to either opening deficit or opening accumulated other comprehensive income as noted above.

Financial Instruments

Capital disclosures

On January 1, 2008, the Company prospectively adopted CICA Section 1535 Capital Disclosures. This Section establishes standards for disclosing information about an entity’s objectives, policies and processes for managing its capital structure.

Financial instruments

On January 1, 2008, the Company prospectively adopted the following two new CICA standards: Financial Instruments – Disclosures (Section 3862) and Financial Instruments – Presentation (Section 3863), which replace Financial Instruments – Disclosure and Presentation (Section 3861). The new disclosure standard increases the emphasis on the risks associated with both recognized and unrecognized financial instruments and how those risks are managed. The new presentation standard carries forward former presentation requirements.

General standards of financial statement presentation

On January 1, 2008, the Company prospectively adopted CICA Section 1400 General Standards of Financial Statement Presentation. This amended Section provides additional guidance on the assessment and disclosure of an entity's ability to continue as a going concern.

Internal controls over financial reporting

The Chief Executive Officer and the Treasurer of Nordic Oil and Gas Ltd. are responsible for designating internal controls over financial reporting, or causing them to be designed under their supervision in order to provide reasonable assurance regarding their reliability and the preparation of financial statements for external purposes in accordance with GAAP.

FINANCIAL HIGHLIGHTS - THREE & SIX MONTHS ENDED JUNE 30, 2010

Analysis of Revenue, Cash Flows and Assets

Revenue from oil and natural gas sales (including liquids and transport revenue) during the second quarter of 2010 totaled \$207,975, down approximately \$150,000 from the \$358,127 reported for the same period in 2009, but up over \$75,000 from the \$129,911 reported in Q1 2010. When adding interest earned, the Q2 2010 revenue becomes \$210,135 compared to \$366,001 during the quarter ended June 30, 2009, and \$130,890 during the first quarter of this year. The decrease from last year can be attributed to the fact that the Company has been accounting on the basis that the effective date of the sale of certain assets in Lloydminster to Western Plains commenced April 12, thereby reducing Nordic's production and subsequent revenue accordingly.

On a year to date basis, overall revenue for the first six months of 2010 totaled \$341,025 versus \$627,222 for the same period a year ago.

The table below sets out the Company's relevant variables in revenue for the three and six months ended June 30, 2010 and 2009:

REVENUE				
	3 Months Ended June 30		6 Months Ended June 30	
	2010	2009	2010	2009
	\$		\$	
Oil and gas revenue	207,975	353,860	337,885	608,258
Liquids revenue		1,307		2,793
Transport revenue		2,960		5,744
Production revenue	207,975	358,127	337,885	616,795
Interest revenue	2,161	7,874	3,140	10,427
Total Revenue	210,135	366,001	341,025	627,222

Total assets, including cash, short-term investments, deposits and accounts receivable at the end of the second quarter were \$13,817,829, down \$3.5 million from the \$17,357,549 total as at December 31, 2009 and down also from the \$16,834,451 at the end of the first quarter in 2010. The main reason for the drop is the Company began accounting for the sale of the assets at Lloydminster as noted above on April 12, 2010, thereby reducing the value of its property and equipment by nearly \$4 million. Both accounts receivable and cash are up for the second quarter as compared to the end of the year.

The table below sets out the Company's Assets for the three and six months ended June 30, 2010 and 2009 and the year ended December 31, 2009:

ASSETS			
Current Assets	6 Months Ended June 30, 2010	3 Months Ended March 31, 2010	Year Ended December 31, 2009
	\$	\$	\$
Cash & deposits	628,601	205,533	262,309
Short term investments	71,535	71,311	242,332
Accounts receivable	877,162	235,679	684,121
Deferred costs	43,992	43,992	--
Fixed Assets			
Property & equipment	12,196,538	16,277,936	16,168,787
Other assets	--	--	--
Total Assets	13,817,829	16,834,451	17,357,549

Analysis of Expenses

Overall expenses, including production costs for the quarter under review, not including production costs, increased slightly to \$421,320 from the \$395,999 reported in the second quarter ended June 30, 2009 and were down by some \$76,000 from the \$497,571 in the first quarter this year. . When factoring in production costs, total expenses incurred for the second quarter of 2010 totaled \$588,120, a drop of some \$147,345 versus the \$735,465 reported during the same period a year ago.

On a year to date basis, overall expenses for the first six months of 2010 totaled \$1,085,691, down from the \$1,280,109 reported for the six months in 2009. The main reason for this decrease is the drop in production costs - \$379,944 to date this year versus \$609,251 last year. The reason for this decrease is that the wells at Lloydminster were not on production for several weeks during the first quarter of the year.

The table on the following page outlines the changes in the major categories:

EXPENSES NOT INCLUDING PRODUCTION COSTS				
	3 months ended June 30		6 months ended June 30	
	2010	2009	2010	2009
	\$		\$	
Depletion & Amortization Expense	144,154	137,996	234,029	214,041
General & Administrative Expenses	139,001	185,769	276,113	131,157
Interest Expense	28,427	32,233	40,865	32,390
Geological Services				
Management Fees	40,000	40,000	85,000	78,333
Professional Fees		43,204		78,680
Regulatory Fees		4,251		29,052
Stock Option Expense	69,739		69,739	48,052
Total Expenses	421,320	395,999	705,747	670,858

(1) Under accounting reporting requirements, Nordic Oil and Gas has to prepare an estimate of the cost related to stock options issued as an expense on its income statements. Options issued by the Company in 2004 and in subsequent years were accounted for in accordance with the fair value method of accounting for stock-based compensation, and as such, the cost of the options is charged to income with an offsetting amount recorded to contributed surplus, based on an estimate of the fair value. During the quarter ended June 30, 2010 stock options having an estimated value of \$Nil were issued.

Royalties & Production Expenses

Royalties paid in Q2 2010 totaled \$12,842 versus \$22,779 for the same period in 2009 and \$8,240 in Q1 of this year. Total well expenses (operating costs) were also lower during the period under review at \$153,957, compared to \$316,688 for the second quarter of 2009 and \$204,905 in the first quarter this year.

On a year to date basis, as noted above, operating costs for the first six months of 2010 are down more than \$197,000 at \$358,862 versus \$556,037 for the same period last year. In addition, royalty costs for the first six months of 2010 are also down when compared to the same period a year - \$21,082 this year versus \$53,214 last year

The sharp drop in operating costs is due to the decrease in the number of wells on production in Q1 and the fact that for accounting purposes, the Company has been using April 12, 2010 as the date of the sales transaction certain assets in Lloydminster, thereby reducing its overall costs for the year to date.

Balance Sheet Analysis

Long-term liabilities at the end of June 2010 totalled \$4,483,283, down significantly from the December 31, 2009 total of \$7,903,111 and also from the March 2010 total of \$7,141,868. The reason for the decline is the substantial decrease in accounts payable to \$2,069,664 as at June 30, 2010 as opposed to \$4,834,870 as at December 31, 2010. This is due to the sale of the Lloydminster assets, much of which was used to pay creditors.

The net loss for the period before taxes was (\$427,776) versus (\$369,464) for the same period in 2009. The reason for the increase was the stock option expense of \$69,739 in the first quarter of 2010, as opposed to no stock option expense in the same period last year.

Given that there was no income tax recovery reported in the second quarter of 2010, the net loss for the three months under review remains unchanged at (\$427,776), compared to a net loss of (\$369,464) for the three months ended June 30, 2009 and the net loss of (\$232,132) during Q1 of 2010.

For the six-month six month period under review, after applying the future income tax recovery of \$94,157 the next loss is (\$700,301) compared to (\$499,327) in the first half of 2009. A portion of this increased loss was due to the loss on the sale of assets - Lloydminster – of (\$49,792) this year.

Summary of Quarterly Results

The table on the following page sets out selected quarterly financial results for the past eight quarters:

Three Months Ended:	<u>06/30/10</u>	<u>3/31/10</u>	<u>12/31/09</u>	<u>09/30/09</u>
Cash & Short-term investments	\$ 402,335	\$ (20,957)	\$ 404,548	\$ 414,654
Revenue	\$ 210,135	\$ 130,890	\$ 256,041	\$ 385,882
Net Income (Loss)	\$(427,776)	\$(272,525)	\$(443,759)	\$(277,111)
Earnings (Loss) per share	\$ (0.006)	\$ (0.004)	\$ (0.007)	\$ (0.005)

Three Months Ended:	<u>06/30/09</u>	<u>3/31/09</u>	<u>12/31/08</u>	<u>09/30/08</u>
Cash & Short-term Investments	\$ 232,792	\$ 965,435	\$2,716,110	\$3,144,314
Revenue	\$ 366,001	\$ 261,220	\$ 602,557	\$ 437,693
Net Income (Loss)	\$(277,215)	\$(232,133)	\$(426,402)	\$ (309,292)
Earnings (loss) per share	\$ (0.006)	\$ (0.006)	\$ (0.02)	\$ (0.0072)

An analysis of the quarterly results over the last eight quarters shows some variability in revenue totals. Revenue increased steadily throughout 2008, culminating in the year's highest total in the fourth quarter. This was due to the addition of the new oil wells in Lloydminster and the strong commodity prices in the first part of the year. Revenue for the first part of 2009 continued to be strong, however revenue fell sharply during the second half of that year from the previous year, due largely to the significant drop in both oil and natural gas prices, and the fact that several of the Company's heavy oil wells in Lloydminster were down for a period of time during Q4 2009. The first quarter of 2010 has also started slowly in terms of revenue, but has increased slightly during the second quarter of this year as the majority of the existing wells at Lloydminster are now back on production.

Cash and short-term investments were down during the first quarter of 2010 as the Company's expenses, both operating and G & A increased over the past year, however this has improved significantly in the second quarter due to the influx of cash from the completion of a new private placement royalty trust agreement, and the sale of the Lloydminster assets. However, it was also this sale of assets that created a larger loss in the second quarter of 2010.

From time to time, net income is negatively impacted due to the costs related to stock options, Asset Retirement Obligation (ARO), or Site Reclamation, and higher depletion and amortization costs are recorded as expenses on the income statement.

PROPERTY & EQUIPMENT

Oil and Gas Interests

Following is a summary of the oil and gas interests owned by the Company, their depletion using the units-of-production method, their cost, accumulated depletion and resulting net book value:

	<u>June 30, 2010</u>		<u>December 31, 2009</u>	
	<u>Cost</u>	<u>Accumulated Depletion</u>	<u>Cost</u>	<u>Accumulated Depletion</u>
Oil and gas property & equipment	\$14,168,799	\$3,169,218	\$18,322,346	\$3,340,943
Coal gasification leases	\$ 49,555	\$ --	\$ 49,555	--
Computers etc.	\$ 43,637	\$ 22,802	\$ 43,637	--
Compressor & Metering stations	\$ 1,126,568	\$ --	\$ 1,114,388	--

Net book value for oil and gas at the end of June 2010 was \$12,196,538, compared to \$16,168,787 as at December 31, 2009.

PRODUCT PRICES AND PRODUCTION

As at the end of the second quarter 2010, the Company had nine heavy oil wells capable of production at Lloydminster, five natural gas wells and one Coal Bed Methane well at Joffre.

Results from operations and the Company's overall financial condition are significantly affected by natural gas commodity prices, which can fluctuate dramatically. These commodity prices are beyond the control of the Company and are difficult to predict.

The first quarter of 2010 saw oil prices up significantly from the same period a year ago. Oil futures traded in New York were 82 percent higher, on average, in the first quarter than a year earlier. Benchmark U.S. oil prices averaged nearly \$79 a barrel in the first quarter, about \$3 above the previous quarter and sharply higher than the \$43 average of the first quarter of 2009. This was a big factor for the increase in revenue during Nordic's second quarter, now that all nine wells at Lloydminster are now back on production; in addition the Company's five new wells, drilled at the end of 2009, are expected to be on production in Q3.

It should be noted that the Company does not hedge any of its production.

The following data summarizes certain information in respect of production, product prices received, royalties paid, production costs and resulting netback for each quarter of Nordic's most recently completed financial period. It should also be noted that approximately 11% of the Company's natural gas production 2009 came from its Coal Bed Methane well, with the remaining 89% coming from conventional natural gas wells.

Production Highlights

Natural Gas Production Quarterly Comparisons - last five quarters

	2010		2009		
	Q2	Q1	Q4	Q3	Q2
Average daily gas volume GJ/day	140.61	43.52	143.52	160.59	264.28
Average daily gas production volume 10 ³ M ³ /day	3.65	3.73	2.84	4.35	7.36
Average BOE/day per quarter	23.20	11.66	17.86	26.37	46.31
Weighted avg. price received per GJ	3.85	4.32	\$3.64	\$3.58	\$3.86

NOTE: To convert Gigajoules (GJ) to Mcf, divide the number of GJ by 1.05

Heavy Oil Production - Quarterly Comparisons - last five quarters

The Company commenced production of heavy oil from its Lloydminster wells in August 2008, therefore there are no quarterly comparisons for last year. Comparisons are drawn on a quarter-over-quarter basis for 2010 and 2009:

	2010		2009		
	Q2	Q1	Q4	Q3	Q2
Average daily Heavy Oil production volume - Barrels	52.42	11.88*	52.99	62.63	53.57
Average net price received 10 ³ M ³ /day	306.81	142.79	310.15	375.20	357.06
Average price received \$/BBL	57.06	43.19	49.31	59.65	56.77
Average royalties paid \$/BBL	5.70	4.32	3.12	2.96	2.87
Average production costs \$/BBL	28.53	21.60	78.72	49.11	26.34
Average resulting netback \$/BBL	22.82	17.27	6.92	7.49	13.81

* Average daily production is reflective of the fact that the wells were producing for limited period in Q1

LIQUIDITY AND CAPITAL RESOURCES

The Company's financial statements are prepared on a going concern basis that contemplates the realization of assets and the satisfaction of liabilities and commitments in the normal course of business. At June 30, 2010 the Company had an operating loss before taxes of (\$794,458) compared to (\$652,887) for the first six months of the year, and had an increase in cash equivalents in its first six months of operations to \$168,584. Cash and cash equivalents at the end

of June 2010 totaled \$330,800 compared to \$432,791 at the same period a year ago. At the beginning of 2010, the Company had an unexpended flow through obligation of \$1,928,313 to be incurred by December 31, 2010. During the first six months of 2010, the Company expended \$96,111 with regard to its flow-through requirements.

The Company's ability to continue as a going concern is dependent upon it achieving and maintaining profitable results, receiving support from its lenders and attracting sufficient resources to explore and develop oil and natural gas properties. There is no certainty that management will be able to resolve these matters.

Nordic settles sales receivables and trade payables in accordance with normal industry standards while maintaining working capital liquidity by drawing from and repaying its bank overdraft facility as needed. The Company expects to be able to fund its 2010 capital expenditure program using operating cash flow and equity funds raised in 2009, along with the potential for additional financings in 2010, and from the proceeds of the sale of the 50% interest in its Lloydminster, AB property and wells. The Company utilizes both equity and Flow-Through issues from time to time to finance its capital program.

In this regard, during the half of 2010, the Company announced the closing of two such financings. On February 4 it closed a private placement offering of units by issuing 1,825,000 units at a price of \$0.12 per Unit for gross proceeds of \$219,000 to various subscribers. Each Unit consisted of one Class A common share of the Corporation and one half of one Common Share purchase warrant. Each whole Warrant entitles the holder thereof to purchase one Common Share at a price of \$0.14 for a period of two years from the date of issuance.

On March 15, the Company announced the first closing of another private placement offering, this one of flow-through units. The Company issued 2,525,000 flow-through units at a price of \$0.10 per Unit for gross proceeds of \$252,500 to various subscribers. Each Unit consisted of one Class A common share of the Corporation issued as a "flow-through share" within the meaning of the Income Tax Act (Canada) and one half of one Class A common share purchase warrant. Each whole Warrant entitles the holder thereof to purchase one regular Class A common share of the Corporation at a price of \$0.11 for a period of 18 months from the date of issuance.

In May of this year, the Corporation announced the closing of its private placement offering of royalty interests ("Royalty Interests"). The Corporation issued \$600,000 principal amount of Royalty Interests to a number of subscribers resident in various provinces of Canada. Each \$25,000 principal amount of Royalty Interests entitles the holder thereof to a 0.125% gross overriding royalty (the "Royalty") on certain oil and gas properties held by the Corporation in the Lloydminster, Alberta area (the "Properties"). Accordingly, the Corporation has sold an aggregate 3% Royalty on the Properties to subscribers for Royalty Interests.

Financial Instruments

As discussed in the Significant Accounting Policies, the Company holds various forms of financial instruments. The nature of these instruments and the Company's operations expose the Company to commodity price, credit and interest rate risk. The Company manages its exposure to these risks by operating in a manner that minimizes its exposure to the extent practical. The Company does not engage in hedging programs.

A) Commodity Price Risk

The Company will be subject to price risk for the delivery of natural gas and crude oil. The Company may manage and minimize the risk by entering into various joint operating

agreements. As at June 30, 2010, the Company has not entered into any commodity contracts.

B) Credit Risk

A significant portion of the Company's cash is currently held with the same financial institution and, as such, the Company is exposed to concentration of credit risk. As at March 31, 2010, substantially all of the Company's trade accounts receivable are from working interest partners and joint operating partners in the oil and gas industry and are subject to all the risks associated with the industry.

Off Balance Sheet Arrangements

The Company has no off balance sheet arrangements.

Oil and Gas Interest and Depletion

The Company follows the full cost method of accounting for all oil and gas properties whereby all costs relating to acquisition, exploration and development of oil and gas reserves are capitalized. Such costs include land acquisition costs, geological and geophysical costs, drilling and other costs related to exploration and development activities. Proceeds from the disposal of oil and gas properties are applied against the capitalized costs of the related property.

The Company annually applies an impairment test (ceiling test) to capitalized costs, net of accumulated depletion and depreciation, to ensure they do not exceed the estimated undiscounted value of future net revenues from proven oil and gas reserves, determined by independent engineers, based on third-party quoted forward prices adjusted for transportation and quality, less estimated operating and abandonment costs. Should it be determined that impairment has occurred, the amount of the impairment is measured and recorded as the amount by which the carrying amount of the property and equipment exceeds the fair value of proved and probable reserves plus the cost net of impairment of unproved properties. Fair value is determined based on the present value of future cash flows, after deducting abandonment and site restoration costs, discounted at a risk free interest rate, adjusted for prevailing market conditions. Any reduction of value, as a result of the impairment test (ceiling test), will be included in depletion, amortization and accretion.

Related Party Transactions

The Company has a joint operating agreement with Desoto Resources Limited whereby it has an 85% interest in certain assets, including crown leases, a gas liune, oil and gas leases and certain property and equipment. The cost of the three wells drilled under the joint operating agreement will be incurred 100% by the Company. As at June 30, 2010, the three wells, representing a cost of \$1,449,721 have been drilled.

Certain directors and officers have an interest in Desoto Resources Limited.

The Company has a joint operating agreement with Western Warner Oils Ltd. whereby it has an 80% interest in certain assets including crown leases, gas lines, oil and gas leases, and certain property and equipment. The costs for the first five wells drilled in the joint operating agreement will be incurred 100% by the Company. As at June 30, 2010 all five wells have been drilled. Certain directors and officers have an interest in Western Warner Oils Ltd.

As described above, substantially all of the Company's activities are undertaken jointly with related parties by joint operating agreements. The Company has a services agreement established

with Nordic Management Ltd. for various services. Currently, Nordic Management Ltd. receives \$13,333 per month for management services, \$1,875 per month for landman services, and \$7,500 per month for investor relations and corporate secretary services. The contract expires November 14, 2012. Certain of the Company's directors and officers control Nordic Management Ltd.

These transactions are in the normal course of operations and are measured at the exchange amount (the amount of consideration established and agreed to by the related parties).

As at June 30, 2010 and December 31, 2009, the amounts due from (to) related parties are as follows:

	June 30, 2010	Dec. 31, 2009
Amounts included in accounts receivable	\$ 294,394	\$ 196,491
Amounts included in accounts payable and accrued liabilities	\$ (53,501)	\$ 28,358

The balances included in accounts receivable and accounts payable and accrued liabilities are non-interest bearing, payable on demand and have arisen from the sales of product and provision of services referred to above.

Disclosure Controls and Procedures

Management has established and maintained disclosure controls and procedures for the Company in order to provide reasonable assurance that material information relating to the Company is made known to management in a timely manner and that information required to be disclosed by the Company is reported within time periods prescribed by applicable securities legislation.

Equity Instruments

The authorized capital of the Company is an unlimited number of Class A common shares and an unlimited number of convertible preferred shares. The issued capital is shown in the table on the following page:

3 Months Ended June 30, 2010 Year ended December 31, 2009

	<u>Shares</u>		<u>Amount</u>	
Common Shares	Number	\$\$	Number	\$\$
Balance, beginning of	65,391,626	9,101,999	48,140,126	9,277,763
Issued as Flow-through Units	2,525,000	227,808	17,251,500	1,524,587
Issued as non-Flow-through Units	1,825,000	203,801		
Stock Options exercised				
Share issue costs				(191,658)
Tax effect of FT shares				(1,508,693)
Tax effect on non-cash items		(9,638)		
BALANCE, END OF YEAR	69,741,626	9,523,250	65,391,626	9,101,999
	<u>Warrants</u>		<u>Amount</u>	
Warrants	Number	\$\$	Number	\$\$
Balance, beginning of period	15,661,917	2,124,701	15,097,863	2,368,247
Issued as Flow-through Units	1,262,500	21,286	8,625,750	404,226
Issued as non-Flow-through Units	912,500	15,919		
Issued as Agent Warrants	202,000	3,406	895,480	43,952
Warrants exercised				
Warrants expired	(3,726,021)		(8,957,176)	(691,724)
BALANCE, END OF PERIOD	14,312,896	2,165,312	15,661,917	2,124,701
TOTAL		11,688,562		11,226,700

In accordance with the terms of the offerings and certain provisions of the Income Tax Act (Canada), the Company will renounce for income tax purposes, exploration expenditures of \$1,928,313 to subscribers of the flow through common shares in the current year private placement, for which the Company will have to incur eligible expenditures by December 31, 2010. During the first quarter, the Company renounced \$247,352 with respect to its FT expenditure requirements.

Stock Option Plan

The Company has established a stock option plan for its directors, officers, key employees, agents, and consultants. The total number of authorized and un-issued common shares allocated to, and made available to, such participants under the plan, shall not exceed 10% of the issued and outstanding Class A Common Shares at the time of the granting of the option. The fair value of the options was estimated using the Black Scholes option-pricing model with the following assumptions:

	<u>6/30/2010</u>	<u>12/31/2009</u>
• Risk-free interest rate	.49% - .69%	.51% - .69%
• Expected life (years)	1.5	2.0
• Expected volatility	72%	95% - 101%
• Expected dividend yield	0.00%	0.00%

The key provisions of the Plan are as follows:

1. On the recommendation of the Directors, options may be granted to Directors, Officers, Employees, Consultants and other key personnel of the Corporation and its subsidiaries. The Plan reserves for the issue of options, a rolling maximum of 10% of the issued shares of the Corporation at the time of a stock option grant.
2. Not more than 5% of the Common Shares outstanding at the time of the grant may be reserved for issuance to any one individual.
3. The minimum exercise price of an option cannot be less than the fair market value of the Common Shares at the time the Option is granted, less any discount permitted by the Policies of the Exchange.
4. Options may have a maximum exercise precise period of five years and the Directors may establish vesting provisions.
5. Options are non-assignable and non-transferable.

In addition, the Plan is subject to all the provisions of the TSX Venture Exchange Policy 4.4. A copy of the Corporation's Stock Option Plan is available upon request from the Corporation.

At the Balance Sheet date (June 30, 2010) there were 6,746,400 stock options outstanding as per the following table:

Options	Option	Weighed	Remaining	Options	Weighted
Outstanding	Price	Average	Life	Exercisable	Average
		Exercise			Exercise Price
		Price			of Options
					Exercisable
280,000	0.40	0.40	0.57	280,000	0.40
85,000	0.25	0.25	1.42	85,000	0.25
1,525,000	0.60	0.60	2.50	1,525,000	0.60
657,500	0.32	0.32	2.57	657,500	0.32

1,035,000	0.20	0.20	3.22	1,035,000	0.20
1,083,900	0.10	0.10	3.81	1,083,900	0.10
655,000	0.125	0.125	4.23	655,000	0.125
1,425,000	0.100	0.10	4.83	1,425,000	0.10
6,746,400		0.25	-	6,746,400	0.25

Convertible Debentures

On November 6, 2009, the Company issued convertible debentures in the amount of \$497,000 maturing on November 6, 2012, and bearing interest at an annual rate of 10% payable annually on the 12-month anniversary of the closing. The debenture is collateralized by all the present and future property and assets of the Company. The debentures are convertible at the option of the holder at any time into Class A Common Shares of the Company at the conversion price of \$0.15. After one year, the debentures are redeemable at the option of the Company at an amount equal to 105% of the face value of the debenture, plus any accrued interest to that point. The maximum aggregate principal amount of convertible debentures authorized under the Company's Trust Indenture is \$3,000,000.

The debenture is a financial instrument that contains both a liability and equity component. The liability component and the equity component were presented separately, as determined at initial recognition. The equity component reflects the equity value of the conversion option embedded in the convertible debenture. The conversion option was valued using the Black Scholes pricing model with the following assumptions:

- Exercise price of \$0.15
- Expected volatility of 1.22
- Risk free rate of 1.3%
- Life span of 3 years

The difference between the proceeds of the issued convertibles and the fair value of the equity component is assigned to the liability.

Total Proceeds of the Convertible Debenture	\$ 497,000
Value of Equity Component	\$(230,547)
Financing Costs of Liability Component	\$(45,714)
Value of Liability Component	\$ 220,739

Total accretion expense related to the liability component of the convertible debenture was \$9,273 in 2009. The carrying value of the debenture will be accreted up to its face value over the term to maturity. Amortization of deferred debenture costs amounted to \$1,722 in 2009 leaving an unamortized balance of \$43,992 in 2010.

	<u>6/30/2010</u>	<u>12/31.2009</u>
Balance, beginning of year	\$231,734	\$354,500
Repayment of Principal		(354,500)
Issuance of Convertible Debenture		220,739
Accretion Expense	43,992	9,273
Amortization of Deferred Costs		1,722
Balance, end of the year	\$275,726	231,734

OPERATIONAL OUTLOOK FOR 2010

2010 CAPITAL EXPENDITURE BUDGET

The Company has targeted a Capital Expenditure budget of \$3.1 million for the balance of 2010 as follows:

PREECEVILLE:	1 new well	\$ 500,000
LLOYDMINSTER:	2 re-entries	\$ 600,000
	2 new wells	\$ 400,000
	Equip 5 recently drilled wells	\$ 600,000
TALBOT LAKE	3 new shallow wells	\$1,000,000

CORPORATE HIGHLIGHTS FOR THE THREE MONTHS ENDED JUNE 30, 2010 AND BEYOND

April

- Nordic announces it has formed a strategic alliance with Western Plains Petroleum Ltd. to sell a 50% interest in the Company's Lloydminster property for \$2.5 Million
- The Company announces its intention to undertake a private placement offering of up to 1,000 units at a price of \$1,000 per Unit for gross proceeds of up to \$1,000,000. Each Unit will be comprised of one 2 year 12% secured convertible debenture in the principal amount of \$1,000 and 600 Class A common shares of the Issuer. The Debentures will have a term of two years and shall bear interest at a rate of 12% per annum. The Debentures may be converted at the option of the Debenture holders into Class A common shares of the Corporation at a price of \$0.15 per share at any time after the issuance of the Debentures.

May

- The Company announces the closing of its private placement offering of royalty interests, issuing \$600,000 principal amount of Royalty Interests to a number of subscribers resident in various provinces of Canada. Each \$25,000 principal amount of Royalty Interests entitles the holder thereof to a 0.125% gross overriding royalty on certain oil and gas properties held by the Corporation in the Lloydminster, Alberta area.

Accordingly, the Corporation has sold an aggregate 3% Royalty on the Properties to subscribers for Royalty Interests. The Royalty Interests cannot be sold by subscribers for a period of four months and a day in accordance with applicable securities laws.

August

- The Company announces that it has executed a sale agreement with Western Plains Petroleum Ltd. with respect to the sale of a 66 2/3% interest in Nordic's land holdings and heavy oil wells located in Lloydminster, Alberta to Western Plains. Pursuant to the sale transaction, the Company received the purchase price of \$2,933,333, subject to closing adjustments.

BUSINESS STRATEGIES, RISK & UNCERTAINTIES

At Nordic Oil and Gas, the goal is to remain committed to the strategy of building a quality company and looking for ways to enhance shareholder value. The Company is committed to exploration and drilling activities that will result in growth and value for its shareholders. Nordic Oil and Gas maintains operatorship control with high working interests in Joffre and Preeceville regions, through its "sister" companies, Western Warner Oils Ltd. and Desoto Resources Limited respectively; Nordic is the sole owner of the property in Talbot Lake and Drumheller. In Lloydminster, Western Plains Petroleum. (WPP) is the operator of the Lloydminster wells.

The Company's strategy is to focus on properties that will provide long-term reserves, which, in turn, will generate revenue and cash flow in both the near- and long-term. Since inception, Nordic has focused on low-risk development drilling aimed at increasing production and reserves in core areas. Nordic Oil and Gas will continue to increase its reserves and production base through land acquisitions, exploratory and development drilling, along with corporate mergers and acquisitions that will contribute to the overall growth and development of the Company and enhance shareholder value.

The Company operates on a going concern basis that contemplates the realization of assets and the satisfaction of liabilities and commitments in the normal course of business. The Company's ability to continue as a going concern is dependent upon it achieving and maintaining profitable results, receiving support from its lenders and attracting sufficient resources to explore and develop oil and natural gas properties. There is no certainty that management will be able to resolve these matters.

The business of exploring, developing, acquiring and producing oil and natural gas reserves is subject to a variety of operational, financial and regulatory risks, including:

- Operational Risks – Oil and natural gas operations are subject to all the risks and hazards typically associated with such operations, including fire, explosions, blowouts, formation damages and oil spills, all or any of which could have a negative impact on oil and gas wells, production facilities, related property, the environment, or in personal injury. Operational risks also include finding and developing natural gas reserves on an economically viable basis, reservoir production performance, marketing, and assessing contract services on a cost-effective basis.
- Financial Risks – Financial risks including commodity and market fluctuations, interest rates and any rates of applicable currency exchange. Nordic Oil and Gas's results of operations and financial considerations are dependent on the prices received for oil and

natural gas production from reserves in which it has a working interest. Oil and natural gas prices have fluctuated widely in the past, with oil in particular subject to national and international supply and demand ratios, along with political development and instability in the Middle East. In addition, the marketability of the Company's products also will depend upon the availability and capacity of gathering systems and pipelines, the effect of federal and provincial legislation on such production, and the general economic conditions of the marketplace.

- Price Volatility of Publicly Traded Securities – In recent years, the securities markets in Canada and the United States have experienced a high level of price and volume volatility, with the market price of securities of many companies undergoing wide fluctuations in price, which have not necessarily been related to operating performance, underlying asset value or prospects.
- Development of Additional Reserves – The future success of Nordic Oil and Gas may also depend on the Company's ability to find or acquire additional oil and gas reserves that are economically recoverable.
- Competition – The Oil and Natural Gas industries are extremely competitive, and, as such, Nordic Oil and Gas will continue to seek out potential joint venture partners, capital, and undeveloped land with a variety of other companies.
- Regulatory Risks – Regulatory risks include environmental regulation, royalties and taxation, all of which are beyond the control of the Company.

CORPORATE INFORMATION

Stock Exchange	TSX Venture Exchange
Trading Symbol	NOG
Officers	Donald P. Benson, President & CEO; Chairman of the Board Keith Peterson, Treasurer & Director Don Bain, Corporate Secretary
Independent Directors	Michael Mann Barry Palka Brahm Silverstone
Auditors	Meyers Norris Penny LLP, Winnipeg, Manitoba
Transfer Agent	CIBC Mellon Trust Company, Calgary, Alberta
Head Office	4727 Roblin Boulevard Winnipeg, Manitoba R3R 0G2 Tel. 204-956-5042 Fax: 204-897-7154
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