

CONTANGO OIL & GAS COMPANY

NEWS RELEASE

Contango Announces Fourth Successful Well at its Mary Rose Prospect

MAY 14, 2008 – HOUSTON, TX – Contango Oil & Gas Company (AMEX:MCF) announced a successful well at its Mary Rose prospect located in Louisiana state waters at State Lease No. 18860. This is the fourth well the Company has drilled on its Mary Rose prospect (“Mary Rose #4”), and the seventh and final well in its Dutch and Mary Rose discoveries. The Company has a working interest of approximately 34.6% and a net revenue interest of approximately 25.5% in the Mary Rose #4, and an overall average working interest of approximately 47.9% and a net revenue interest of approximately 36.8% in all of Dutch and Mary Rose. The well is located approximately six miles off the coast of Louisiana and was drilled by Contango Operators, Inc., a wholly-owned subsidiary of the Company.

The Company expects to complete and test this well before the end of June 2008, and expects the well to begin flowing to our recently completed platform at Eugene Island 11 before the end of July 2008.

Kenneth R. Peak, Contango’s Chairman and Chief Executive Officer, said, “We remain on target to open our data room for the potential sale of Contango Oil & Gas Company prior to the end of June 2008, and will announce reserve estimates for the Dutch and Mary Rose fields at that time.”

Contango is a Houston-based, independent natural gas and oil company. The Company’s core business is to explore, develop, produce and acquire natural gas and oil properties primarily offshore in the Gulf of Mexico. Additional information can be found on our web page at www.contango.com.

This press release contains forward-looking statements regarding Contango that are intended to be covered by the safe harbor "forward-looking statements" provided by the Private Securities Litigation Reform Act of 1995, based on Contango’s current expectations and includes statements regarding acquisitions and divestitures, estimates of future production, future results of operations, quality and nature of the asset base, the assumptions upon which estimates are based and other expectations, beliefs, plans, objectives, assumptions, strategies or statements about future events or performance (often, but not always, using words such as "expects", "projects", "anticipates", "plans", "estimates", "potential", "possible", "probable", or "intends", or stating that certain actions, events or results "may", "will", "should", or "could" be taken, occur or be achieved). Statements concerning oil and gas reserves also may be deemed to be forward looking statements in that they reflect estimates based on certain assumptions that the resources involved can be economically exploited. Forward-looking statements are based on current expectations, estimates and projections that involve a number of risks and uncertainties, which could cause actual results to differ materially from those, reflected in the statements. These risks include, but are not limited to: the risks of the oil and gas industry (for example, operational risks in exploring for, developing and producing crude oil and natural gas; risks and uncertainties involving geology of oil and gas deposits; the uncertainty of reserve estimates; the uncertainty of estimates and projections relating to future production, costs and expenses; potential delays or changes in plans with respect to exploration or development projects or capital expenditures; health, safety and environmental risks and risks related to weather such as hurricanes and other natural disasters); uncertainties as to the availability and cost of financing; fluctuations in oil and gas prices; risks associated with derivative positions; inability to realize expected value from acquisitions, inability of our management team to execute its plans to meet its goals,

shortages of drilling equipment, oil field personnel and services, unavailability of gathering systems, pipelines and processing facilities and the possibility that government policies may change or governmental approvals may be delayed or withheld. Additional information on these and other factors which could affect Contango's operations or financial results are included in Contango's other reports on file with the Securities and Exchange Commission. Investors are cautioned that any forward-looking statements are not guarantees of future performance and actual results or developments may differ materially from the projections in the forward-looking statements. Forward-looking statements are based on the estimates and opinions of management at the time the statements are made. Contango does not assume any obligation to update forward-looking statements should circumstances or management's estimates or opinions change.

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