

Chai Latte vs Dirty Chai (vsdiff.com)

Base	Black tea concentrate (spiced)
What makes it “dirty”	Single or double shot of <i>espresso</i> added
Typical caffeine (per 8-12 oz)	Chai latte: ~40-80 mg; Dirty chai: chai + ~63 mg per espresso shot
Flavor focus	Warm spices, sweetened milk vs. spices + coffee bitterness
Common milk	Whole, 2%, oat, almond
Typical calories (12 oz, sweetened)	Chai latte: ~180-300 kcal; Dirty chai: ~210-360 kcal

Source: <https://vsdiff.com/chai-latte-vs-dirty-chai/>