

Club Soda vs Tonic Water (vsdiff.com)

Attribute	Club Soda	Tonic Water
Primary flavor	Neutral to slightly <i>saline</i>	Bitter (from quinine)
Key additive	Added minerals (bicarbonate, citrate, etc.)	Quinine + sweeteners (sugar or sweeteners)
Calories (typical)	≈ 0–5 kcal per 100 ml	≈ 30–50 kcal per 100 ml (varies by brand)
Typical sodium	≈ 10–100 mg per liter (brand-dependent)	Generally low, but often similar to sparkling water
Common uses	Mixing solvent, diluent, short cocktails	Signature mixer for Gin & Tonic and bitter cocktails
Perceived carbonation	Often sharper mouthfeel	Slightly softer due to sweet/bitter balance

Source: <https://vsdiff.com/club-soda-vs-tonic-water/>