

Flat White vs Latte (vsdiff.com)

Attribute	Flat White	Latte
Origin	Mid-20th c. Australia/New Zealand (regional debate)	Early 20th c. Italy; popularized globally mid-late 20th c.
Typical espresso	Double ristretto or short double (concentrated)	Single or double espresso (standard pull)
Milk ratio	Lower milk : espresso (velvety microfoam)	Higher milk : espresso (more steamed milk)
Microfoam	Pronounced, silky (<i>very fine steamed milk</i>)	Present but thinner layer; more liquid milk
Typical size	~150-180 ml (5-6 oz)	~240-350 ml (8-12 oz)
Texture emphasis	Milk integrated with espresso	Milk dominant over espresso
Visual	Thin velvety top, latte art-focused	Taller cup, latte art possible but less espresso prominence

Source: <https://vsdiff.com/flat-white-vs-latte/>