

Mocha vs Latte (vsdiff.com)

Aspect	Mocha	Latte
Core components	Espresso + chocolate + steamed milk	Espresso + steamed milk + light foam
Typical milk : espresso ratio	Approximately 4:1 (varies)	Approximately 4-6:1 (depends on cup size)
Flavor profile	Chocolate-forward , sweeter, cocoa notes	Milky , creamy, coffee-forward
Calories (8-12 oz)	~200-400 kcal (with syrup/whole milk)	~120-220 kcal (with whole milk)
Caffeine (single shot)	~60-80 mg (per espresso shot)	~60-80 mg (per espresso shot)
Common variations	White mocha, mocha with dark chocolate, iced mocha	Flat white (less foam), latte macchiato, iced latte

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